



# High Performance Defence

## A Licensed Hockey Canada Summer Skill Development Program

For the Dedicated, High Performance Athlete

### ON-ICE SKILL DEVELOPMENT

- **ONLY 8 SKATERS ACCEPTED FOR MAXIMIZED REPETITION and PLAYER/COACH INTERACTION**
- Low player to coach ratio
- Professional in session video analysis
- Positional game-specific skills and tactics

### TRAINING

Part of your off-ice training will be with the sport professionals at the Winnipeg Winter Club. Each player will receive:

- **Jiu jitsu**
- **Tennis**
- **Squash and/or**
- **Badminton**

Sessions on each of their training days developing **foot speed, agility, coordination and power**. Players will also be enrolled in the Evolution Squash League at the WWC.

### WEIGHT TRAINING

We have 4 weight training sessions scheduled per week. We ask that you acquire the training program your Junior club provides and we will coach you through what **YOUR TEAM** wants you to be doing.

Our on site strength coach will correct your form, make individualized adaptations and answer any questions you may have regarding the program.

\*If your junior team does not have a training program for you, we will provide you with our very own high performance weight training program to follow.

### WINNIPEG WINTER CLUB

Adding a full membership to the Winnipeg Winter Club, allows you **full access** to the facility **7 days a week**. Monday – Friday Evolution will be your training concierge between 8:30am–12:45pm.

During this time, you will be:

- on the ice working on translatable skills
- in the weight room
- playing a variety of sports that improve conditioning, speed, agility and mental toughness

All non-hockey equipment will be provided for you. We have scheduled in breaks where players can relax and refuel in our players lounge during the day.

Outside of these hours, you are welcome to come and go as you please, making use of the

- weight room
- open ice
- pool
- sauna
- court sports

For more information on what the winter club has to offer, check out the link below:

<https://www.winnipegwinterclub.com/the-facility>

### ADDITIONAL RESOURCES

- Weekly video analysis and skill break-down of the pros
- Mid and final player meetings
- Athlete nutrition guide & recipe book
- Take-home conditioning program



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## Program Details

### July 2–12

**\*\*NO ICE\*\***

7+ Hours weight training

4+ Hours of additional specialized athlete  
development

### July 15—August 2

3 Ice times/week

4 Hours weight training

5+ hours additional specialized athlete development  
per week

**Monday to Thursday**

8:30am – 12:45 pm

**Friday**

9:45 am – 10:45 am

**Location:**

Winnipeg Winter Club

### August 5–16

5 days/week—Monday–Friday

5+ hours on-ice skill development per week

5+ hours additional specialized athlete development  
per week

**Monday to Friday**

8:30 am – 12:45 pm

**Location:**

Winnipeg Winter Club

**\*detailed schedule to follow upon registration**

## Investment

**\$1799** (+GST/Processing Fees)

- 7-weeks of athlete development
- 22+hours of on-ice skill development
- 28+ hours of weight training
- 33+hours of multi-sport & conditioning
- 2 Month membership at the Winnipeg Winter Club





# Team of Professionals

## Head Coaches

### Riley Dudar

Director of Player Development

Head coach of all Evolution programs, Riley's extensive experience includes a B.A Psychology, and certifications in Mental Game Performance Coaching, High Performance 1 and as a Hockey Canada Skills Coach. Riley spent 5 years as an Assistant Coach with the University of Manitoba Men's Hockey team, ranked as high as 3rd in the country.

### Jesse Deckert

Director of Goaltender Development

Former goaltender, Jesse Deckert, brings his professional experience to Evolution development, particularly with goaltenders. Jesse played 5 years in the WHL & CIS before moving to professional hockey where he finished his career in the Carolina Hurricanes organization. Jesse is also certified as a Plant-Based Nutrition coach and has a Strong passion for wellness & nutrition.

### Brett Dudar

Manager of Skill Development

Brett played two years in the MJHL, and competed at the university level with the Manitoba Bisons graduating from the University of Manitoba with a degree in Psychology.

## Supporting Professionals

### WILLIAM SADONICK-CARRIERE TRAINER; BSc. Kin, CAT(C)

Will began at the Canadian Sport Centre of Manitoba assisting in training youth Olympians, and working with the Medical and Performance staff of the Manitoba Moose. Will is passionate about helping athletes improve every day to reach their highest potential.

### PETER OTTO

HEAD TENNIS PRO AT THE WINNIPEG WINTER CLUB

### TREVOR BORLAND

HEAD SQUASH PRO AT THE WINNIPEG WINTER CLUB

### DANIEL COBB

HEAD INSTRUCTOR AT GRACIE JIU JITSU