



05/06 FORWARDS

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 2 Weight training sessions scheduled per week. Our on site strength coach will correct your form, make individualized adaptations and answer any questions you may have regarding the program.

Our physical preparation plans are designed for the specific stages of development young athletes are in. Take advantage of targeting your optimal window of development, for maximized long-term athletic potential.

WINNIPEG WINTER CLUB

Adding a full membership to the Winnipeg Winter Club, allows you **full access** to the facility **7 days a week**. Monday/Wednesday/Friday Evolution will be your training concierge between 8:30am-1:00pm.

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 15—August 16

3 days/week

3.5 hours on-ice skill development per week

5+hours additional specialized athlete development per week

Monday/Wednesday

8:30 am – 1:00pm

Friday

8:30 am – 11:00 am

Location:

Winnipeg Winter Club

August 19–30

5 days/week—Monday–Friday

5+hours on-ice skill development per week

10+hours additional specialized athlete development per week

Monday to Friday

8:00 am to 12:45 pm

Location:

Glenwood CC

***detailed schedule to follow upon registration**

Investment

\$1799 (+GST/Processing Fees)

7-Weeks of athlete development

27+hours of on-ice skill development

45+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. Brett graduated 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