



Edina Mites
Winter Training
Off-ice Skill Development



Continue your player's ongoing skill development in Hockey with Competitive Edge. We offer complete skill development that offers personalized attention and high instructor control over the repetitions being executed. Together this leads to a higher rate of development when used in conjunction with icetime (See the statement below from John Madden about his work with Competitive Edge to prepare for his NHL season last year).

Each session features the following training elements for 30 minutes each session all at Competitive Edge's facility.

- Skating Training on the Crossover Flywheel (The world's only Crossover Skating Treadmill)
- Skating Training on the Bullet Treadmill (A skating treadmill designed by Competitive Edge and our manufacturing partner)
- Puckhandling, Passing, and Shooting Training in skates on synthetic ice

All training is located at Competitive Edge (inside Hat Trick Sports)

Training will be on Saturday and Sunday Nights from Nov. 11 to Feb. 17 (Excludes TGiving Weekend)

- Sessions are 90 Minutes
- Start times are 6:00 Each Day
- Limited to 12 Skaters per Saturday or Sunday Option (Make up days will be set up in the event of conflicts)

Saturday Option Price: \$360 Sunday Option Price: \$360 Option to do both: \$670

Contact Competitive Edge to Register: andy@compedgehky.com

John Madden's Competitive Edge Experience...

"As the NHL season took root last year, it started to look like I would be jumping into it about half way through. I was playing some hockey here and there to stay competitive, but I also knew I needed to take things up a notch to be ready to play at the NHL pace. I used the Competitive Edge training system to prepare myself by getting my legs back under me in terms of strength, power, and endurance and also in terms of tuning up my technique. Thanks to that training I was able to jump in and contribute right away for the Florida Panthers. This training experience led to me taking on an ownership interest. I only wish I had Competitive Edge at my disposal in my younger years."

– John Madden (Former MN Wild and 3-time Stanley Cup Champion)

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Located at Hat Trick Sports – 2201 Florida Ave. So., St. Louis Park, MN 55426 – Hatrickarena.com