



Complete Skills Small Group Hockey Training Program



Competitive Edge's Program has been established and proven over the past 3 years in the Northwest area of the Twin Cities. We are excited to announce that we are bringing this program to The Hat Trick Arena in St. Louis Park. Here is how it works...

This program is group training built upon hour-and-a-half sessions where roughly one half hour is spent at each of three stations:

- 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

Program Options (Prices are Per Player for Group Training – Sessions are 1.5 Hours)

4 Sessions: \$160

8 Sessions: \$300

12 Sessions: \$435

Custom Programs Available (please call for details)

Self organized groups will receive a reduced rate.

Check our website often for more off-ice training and hockey camp options – www.cesnetwork.com

"The Crossover Flywheel is 10 times the machine that I originally thought it would be when I first saw it. At first I saw how it works on the crossover technique. As I saw my son use it more and more, I saw how well it developed his balance, edge control, knee bend, extension, and lateral agility. Now he works on all of these things while multitasking and he can feel the results on the ice. Is this the only thing a hockey player needs in order to prepare for the game? Absolutely not, but it is one of the best tools I have ever seen to take any player's game to another level." – Greg Dornbach, Edina Bantam A Head Coach

Contact Info: 952 564 5423 – info@compedgehky.com - www.competitiveedgemn.com

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