



## Summer Work Outs

Dates: Tuesday and Thursday 7:00-8:00 PM

Begins: June 7<sup>th</sup>, 2022

Ends: August 11<sup>th</sup>, 2022

Where: St. Dominic High School Fitness Center

**What:** Twenty (20) off ice strength and conditioning sessions to improve on stability, core strength and over all body control. Activities would include weight training and plyometric exercises. All activity will be monitored by one of the coaching staff and led by a Certified Personal Trainer.

Training is not mandatory to participate in the upcoming hockey season but is highly encouraged and recommended to allow players to come into the season in peak physical shape, as well as getting to know teammates.

**Trainer:** Jake Hanebrink is a Certified Personal Trainer and a 5<sup>th</sup> year Senior at Maryville University working towards a degree in exercise science. Jake's hockey playing background includes a Junior career that took him from New Jersey to Nashville with a few stops in other cities along the way. He then enrolled at Lindenwood University and played for their program before transferring to Maryville where he continues to play for the Saints.

**Fees:** \$10 per session if paid upfront

\$12.00 per session if you choose to pay as you go

**Please email Coach Arens at [markarens14@gmail.com](mailto:markarens14@gmail.com) if you would like to participate.**