



2022

ELITE OFF-SEASON
HOCKEY TRAINING
PROGRAM



EVEREST
SPORTS GROUP

IN PARTNERSHIP WITH



GARY ROBERTS
PERFORMANCE



Welcome to the 2022 Elite Off-Season Hockey Training Program

This program is designed for elite-level hockey players. All training occurs in one location. It incorporates extensive programming in the following categories:

- **On-Ice Development**
- **Off-Ice Training**
- **Nutrition**

Elite Off-Season Training Program Includes:

On-Ice Training

- Skating/skill development 4x per week
- Skill specific guest instructors
- Professional On-Ice coaches
- On-Ice scrimmages

Nutrition

- Nutrition seminars
- Post workout protein shake
- Daily post-workout meal – available at additional cost

Off-Ice Training

- Off-Ice Training with the Gary Roberts Performance Team
- 5:1 coach to athlete ratio
- Combine testing and ongoing progress reports
- Custom phased programming



Schedule & Facility

- 7 week training program starting July 5th (4 days/week)
- Daily sessions scheduled Monday through Thursday with the exception of long weekends. These weeks will run Tuesdays to Thursdays.
- On-Ice sessions: 4x per week
- Location: Sports Village Ice and Everest Training Centre

JR Elites

- Available for elite players born 2006 to 2010

Details

- \$3,899 + HST (\$1,500 deposit by May 1st to confirm spot)
- Payment plan options available
- For information or enrolment contact info@everestsportsgroup.com or call 647.290.3024 or 416.333.0093.





2022 Elite Off-Season Hockey Training Application

PLAYER'S NAME _____

AGE _____

DOB MM/DD/YY _____

CURRENT HEIGHT _____

CURRENT WEIGHT _____

PARENT'S NAME _____

PARENT'S PHONE _____

POSITION _____

LEAGUE _____

TEAM _____

STATISTICS _____

GP	G	A	PTS.	PIMs	+/-

HEAD COACH NAME _____

HEAD COACH PHONE _____

AGENT'S NAME _____

AGENT'S PHONE _____

T-SHIRT	S	M	L	XL	JERSEY	S	M	L	XL	SHORTS	S	M	L	XL
YOUTH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	YOUTH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	YOUTH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ADULT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ADULT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	ADULT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

☐ Credit Card. To pay online go to www.everestsportsgroup.com

☐ Cheque Enclosed – Please make cheque payable to **Everest Sports Group**.

Mail cheque and completed form to: **Everest Sports Group**
2600 Rutherford Rd, Concord, ON L4K 5R1

Payment Plan Options:

☐ Full payment of \$3,899 + HST on May 1st to confirm spot.

☐ Deposit of \$1,500 on May 1st to confirm spot. Balance due on July 1st.

☐ 3 equal payments of \$1,468.63 due May 1st, June 1st, July 1st.

Post-dated cheques required for payment plan options other than full payment.
Credit card payments can be made online at www.everestsportsgroup.com.

For more information contact: info@everestsportsgroup.com, 647.290.3024 or 416.333.0093