



Acceleration Hockey 2009



Hockey Speed Pass

The Speed Pass gives member's unlimited training sessions for ALL SPORTS with our staff. Choose the duration of your pass and take full advantage of our worldwide training system. Imagine having unlimited use of our patented Skating Treadmill, Skills Deck, Hockey Dry Land Plyometrics, Running Treadmill programs, and the RapidShot Shooting and Scoring system.

Membership Length	Hockey Speed Price
1 Month	\$350.00
2 Months	\$325.00 / month (\$650 total)
3 Months	\$316.67 / month (\$950 total)
6 Months	\$291.67 / month (\$1750 total)
1 Year	\$250.00 / month (\$3000 total)

- Members may "UPGRADE" to get stick handling lessons and weight training for an additional **\$150** per month
- Up to 8 stick handling and 8 Weight training sessions may be scheduled a month with the "UPGRADE" option
16 more workouts per month available with the "UPGRADE"

Traditional 6-week Hockey Training

Traditional Hockey Programs includes 18 training sessions (12 skating treadmill – 6 dry land)

Camp 1: OFF PEAK program (*Complete sessions between March 1st – June 14th*)

Camp 2: June 15th – July 25th

Camp 3: July 27th – September 5th

Camp 4: 3 – week MINI Camp September 7th – 26th (Start after Labor Day) includes 7 skates and 3 dry land = **\$295**

Camp 5: September 28th – November 7th (High School)

1 skater	\$525
Group of 2	\$510 each
Group of 3	\$496 each
Group of 4	\$480 each
Group of 5	\$465 each
6 or more	\$450 each

Schedule 2 skates and 1 dry land session per week for 6-8 weeks. Parents can make your own schedule. Add 6 stick handling and shooting sessions to this package for an additional \$175.



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Hockey Registration Form

Name: _____ Age: _____

Address: _____

City: _____ St: _____ Zip: _____

Sports training for: _____

Choose Program: HOCKEY SPEED PASS

Duration: 1 month 2 month 3 month 6 month 1 year

Months to train: _____ to _____

_____ Send entire payment _____ MONTHLY PAYMENT OPTION

_____ UPGRADE OPTION (stick handling/weight training) \$150 per month

TRADITIONAL 6-WEEK HOCKEY

_____ Camp 1: OFF PEAK program

_____ Camp 2: June 15th – July 25th

_____ Camp 3: July 27th – September 5th

_____ Camp 4: 3 – week MINI Camp September 7th – 26th = **\$295**

_____ Camp 4: September 28th – November 7th (High School)

_____ add 6 stick handling for an additional \$175

_____ ONLY 6 stick handling/shooting sessions \$195

Please view other programs and register at www.accelerationmn.com or mail check to:

**Acceleration North
3808 DUNLAP ST. NORTH
ARDEN HILLS, MN 55112**

Please call (651) 486-0020 with any questions on our programs.