

OFF ICE DEVELOPMENT TRAINING AT BY PROFESSIONAL EDGE REGISTRATION

Details:

(Unit 7-1109 Wilkes ave) (www.pedifference.com) conducted by the Manitoba Maple Leafs

Sign Up Today!

Our goals are to:

- Improve skating biomechanics
- Increase explosive power
- Increase stride length/stride frequency
- Increase maximum on-ice sprint speed
- Increase anaerobic tolerance – skate longer shifts
- Improve stick handling
- Develop greater puck control
- Enhance posture/body positioning
- Improve skating muscle strength to reduce the risk of joint and tendon injuries

Dryland training is offered Tuesdays and Thursdays from 5:30-6:30 & 6:30 -7:30

Fees are:

\$75 per month, or;
Once a week for \$25

To register, complete the form below, and we will contact you.



OFF ICE DEVELOPMENT TRAINING AT BY PROFESSIONAL EDGE REGISTRATION FORM

Name : _____

Address : _____

City/Province (City/State) : _____

Postal Code/ZIP : _____

Home Phone Number: () _____

Email: _____

Parents/Guardians Name: _____

Date of Birth: _____

Shooting Side:(Right/Left): _____

Previous Team and Play Level: _____

Allergies: _____

Other Medical Info: _____

Send the above to:

**PO Box 70015
Unit 1 - 1660 Kenaston Blvd.
Winnipeg Manitoba R3P 0X6**

Contact us for and questions, concerns, comments, suggestions.

Phone: (204) 510-9767 or (204) 979-6549

E-mail questions at: manitobamapleleafs@gmail.com

