

OSPC CLIENT INFORMATION

NAME:

ADDRESS:

HOME PHONE:

OFFICE PHONE:

CELL PHONE:

EMAIL:

EMERGENCY CONTACT INFORMATION

NAME:

PHONE:

RELATION:

HEALTH INFORMATION

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Has your doctor ever told you that you have a heart condition and should only do exercises recommended by a doctor?

Do you feel pain in your chest when you exercise?

In the past month, have you felt any chest pain not as a result of physical activity?

Do you lose your balance due to dizziness or do you ever lose consciousness?

Do you have any bone or joint problems that could worsen as a result of physical activity?

Are you currently taking any medication to treat blood pressure or a heart condition?

Do you know of any reason why you should not do physical activity?

If you answered yes to any of the above questions, you will need to consult your doctor and complete a PARmed-X form.

I _____, the undersigned, understand that the Ottawa 67's Sports Performance Centre and trainers will not be held responsible in any way in the event of accidental injury to myself. I also acknowledge I will be participating in strenuous physical activity during my visit.

SIGNATURE _____ DATE _____

PARENT SIGNATURE IF UNDER 18 _____

- Program Space is limited – Register early to ensure availability
- Sign up for 2 or more programs and receive **10% off** (before taxes)
- Contact Scott Heffernan via email at scott@train4sport.ca or by phone at (613) 737-0097
- If paying by cheque, please make payable to **Ottawa 67's Sports Performance Centre**. Payment options on site include debit or credit card (Visa or Mastercard).
- A \$100 deposit is required for program spots to be secured. Payments are due before each session commences.
- Should you have any further questions, please contact Scott or drop in for registration Monday to Friday 1-6pm or Saturday 9-12pm at 9-2615 Lancaster Rd. Ottawa, Ontario (Beside Minto Arena / same plaza as Tommy and Lefebvre)



**Space Is Limited
Register Early!**

2010

**Elite Functional Hockey
Off-Season Programs**

9-2615 Lancaster Rd.
Ottawa, Ontario K1B 5N2
613.737.0097

www.train4sport.ca

2010 OFF-SEASON PROGRAMS

Our programs incorporate cutting edge sports performance methodologies that have been tried and tested with numerous NHL, AHL, OHL, University, CJHL and other amateur athletes. Our staff has been trained to uncover and address any underlying imbalances and pseudosciences that an athlete may present. The OSPC team is strengthened by the experienced medical staff available at the Ottawa Sports Science Centre which provides a sound preventative component to our programming. Our staff has also been strengthened over the past year by the arrival of Lyndon George, a former National track champion who focuses on making young athletes more athletic and powerful by increasing their aerobic capacity and modifying their running mechanics. Also, a new addition to our staff, Steve Roxborough, our Director of Mental Skills Training, is a former National kick-boxing Champion. Steve has already benefited many of our athletes with their mental preparation and will administer kick-boxing workouts during active recovery weeks. This provides hockey players with benefits in: aerobic capacity, hip mobility and overall conditioning.

Our double peak linear program will put the kids through a prep phase (building the foundation), hypertrophy (building muscle mass), strength (producing strength throughout the movement) and finally a power phase (explosive movements). The double peak means we bring them through a condensed version of the 4-phase cycle early on in the summer and a full cycle in the latter half of the program. This will enable them to keep their strength and power up throughout the summer and ensure that they will perform well at mid-summer try-outs.

PRO PERFORMANCE PROGRAM

This program is for pro and semi-pro athletes. Concentration of this program is on enhancing on-ice performance through intense functional off-ice training. Maximum of six per group.

INCLUDED: Fitness and Functional Assessment, Detailed Periodized Program, Coaching, Nutrition Guidance

FOCUS: Functional Core Strength, Power, Agility, Conditioning and Neuromuscular re-education

Session 1: April 5th – June 25th 3 days per week
Session 2: June 28th – August 27th 3 or 5 days per week

HIGH PERFORMANCE PROGRAM

This program will challenge and prepare athletes who will be playing at the Midget level for 2009-2010 Season. Training will take place under close supervision of our OSPC Strength and Conditioning Coaches. This group will have six athletes per group.

INCLUDED: Fitness and Functional Assessment, Detailed Periodized Program, Coaching, Nutrition Guidance

FOCUS: To Enhance Functional Core Strength, Power, Agility, Conditioning and Neuromuscular re-education

Session 1: April 5th – June 25th 3 days per week
Session 2: June 28th – August 27th 3 or 5 days per week

ELITE PERFORMANCE PROGRAM

This program is for elite athletes that will be playing at the Junior (OHL, QMJHL, CJHL, EOJBHL) or university (NCAA, CIS) level in 2009-2010. Training will take place under close supervision of our OSPC Strength and Conditioning Coaches. This group will have six athletes per group.

INCLUDED: Fitness and Functional Assessment, Detailed Periodized Program, Coaching, Nutrition Guidance

FOCUS: To Enhance Functional Core Strength, Power, Agility, Conditioning and Neuromuscular re-education

Session 1: April 5th – June 25th 3 days per week
Session 2: June 28th – August 27th 3 or 5 days per week

JR PERFORMANCE PROGRAM

This program is for Bantam level athletes that are looking to improve their hockey performance through proper preparation this summer! Our trained OSPC consultants will be facilitating these sessions. Training will concentrate on promoting sound movements and proper training habits for young athletes. This group will have six athletes per group.

INCLUDED: Fitness and Functional Assessment, Periodized Program, Coaching, Nutrition Guidance

FOCUS: To Develop and Enhance Functional Core Strength, Power, Agility and Conditioning

Session 1: April 5th – June 25th 3 days per week
Session 2: June 28th – August 27th 3 or 5 days per week

TESTIMONIALS

“After shoulder surgery in the off season the OSPC was not only able to rehabilitate my shoulder back to 100% but also helped make my whole body more functional. Their intense summer program prepared me for training camp and has allowed me to have my best NHL season to date.”

Ben Eager - Chicago Blackhawks

“The OSPC has prepared me to compete at the highest level possible. Their knowledgeable staff have kept me strong and healthy.”

Corey Locke - Houston Aeros

“Training at the 67's Sports Performance Centre has made me realize the type of commitment it takes to get to the NHL.”

Marc Methot - Columbus Blue Jackets

“Train where my players train.”

Jeff Hunt - Ottawa 67's

PEEWEE PERFORMANCE PROGRAM

This group session is for Pee wee level players. The first session has been designed to develop functional strength for developing athletes. The second session will increase first step reaction/quickness, stride power and multidirectional agility. This group will have six athletes per group.

FOCUS: To Develop and Enhance Functional Core Strength, Power, Agility and Conditioning

Session 1: April 5th – June 25th 3 days per week
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