

True Foundation Hockey Summer 2023 Women's Overspeed Registration

Most off-season hockey training programs for women generally focuses on a handful of flow drills, small area games and scrimmaging. While these drills serve a purpose, they cannot be the foundation of an off-season training program as little to no emphasis is placed on transferable game skill development.

The focus on physical conditioning is generally a non-factor in most programs because the trainers do not have a physiological background or understanding about how the energy systems of the body work, i.e., anaerobic, aerobic and phospho-creatine and what the Central Nervous System is teaching the muscles to do through quality repetition. The True Foundation program utilizes a combination of Overspeed training techniques combined with exercises designed to overload the Central Nervous System and build hockey energy systems and neuro-muscular responses that are transferable to game situations.

This program is designed to begin the on-ice game transferable skills starting in June through August. During the spring, the athletes primary focus should be on strength and muscle mass recovery generally lost or reduced during the long season. During these months the athletes should focus on lifting weights, plyometrics, sprinting and dynamic exercises that mimic hockey movements. Playing recreational hockey and other spring sports and activities is also recommended.

In June through August, the athletes should continue their off-ice workout regimens while working on game transferable skill development through Overspeed and CNS Overload training concepts on ice. This off-season developmental plan prepares them to enter the season in peak physical and mental condition.

What is Overspeed and Central Nervous System Overload Training?

Overspeed and CNS Overload training is a physiological concept. In its simplest terms, it is training as fast as possible with reckless abandonment. It's being willing to lose the puck, fall or experience other mishaps while training as fast as possible. It is training at top speed forcing the brain to train the muscles to move the hands as fast as the feet, not slowing the feet to accommodate the slower speed of the hands.

Over time, these mistakes are significantly reduced as the synergy between the brain and working muscles improves to the point that the muscles immediately respond to the commands from the brain through the Central Nervous System. By utilizing Overspeed and CNS Overload training the brain commands/communicates to the working muscles through the CNS what it wants the muscles to do at higher rates of speed. The energy systems are also enhanced by high speed/high intensity interval training. These concepts have proved to have a dramatic impact on improving athletic performance.

Athlete Name: (Please Print) _____

Parent(s) Name: (Please Print) _____

Email: (Please Print) _____

Phone: _____

Cost: 20, 80-minute sessions \$750.00

Payment Options: Circle One Venmo to @scott-bond-8 Check Cash

*If paying by Venmo, please make two separate payments using the family and friend's option.

Mailing Address:

1683 Village Trail East
Unit 7
Maplewood, MN 55109

Questions about the training or payment options can be directed to Scott Bond at:

Email: scott@truefoundationhockey.com

Cell: 651-230-4815

Liability Waiver

True Foundation Hockey, LLC is not an insured corporation. As a participant in this training program, I, for myself and my child, hereby waive all claims against True Foundation Hockey, LLC and it's coaching staff, and release True Foundation Hockey, LLC from claims for any injuries suffered by my child incidental to, connected with or arising out of activities related to a True Foundation Hockey, LLC, training program, including injuries suffered as a result of negligence of True Foundation, LLC or it's coaching staff, but not including injuries suffered as a result of willful or intentional misconduct. I give my approval to my child's participation in all activities related to a True Foundation Hockey, LLC training program. I understand that the program for which I have given my permission may be hazardous and that injuries may occur in the normal course of play or instruction, and I assume all risks and hazards incidental to my child's participation including transportation to and from activities. I understand that True Foundation Hockey, LLC has no medical or health insurance covering my child

Parent/Guardian Signature: _____

All sessions are at Somerset Arena on Monday/Wednesday

June: 5/7 (5:40 – 7:00 pm)

June: 12/14; 19/21 (4:10 – 5:30 pm)

July: 10/12; 17/19; 24/26; 31 (4:10 – 5:30 pm)

August: 2; 7/9; 14/16; 21/23 (4:10 – 5:30 pm)