



High Intensity Training Centers

Here are some team based training programs available to all of the Spirit teams:

- 1x/week team off ice training (each team will schedule separately-strictly working with just their team)
- 10/20/30 week programs
- Price will vary depending on level of team commitment (number of weeks), but will be quite affordable for all to be involved. As low as \$10/session per player!
- Special in season one-on-one training discounts for any player participating in team based training

Coaches and players start thinking about off-ice training and its benefits Today!