



## **OFFSEASON 24'**

**DREAM big. PLAN each step and WORK harder than everyone around you.**

**#DreamPlanWork**

**Contact:**

**Social: @tagsathleticgym**

**Email: [tagsathleticgym@gmail.com](mailto:tagsathleticgym@gmail.com)**

**Phone: 780-882-5665 (Tags is still in Australia so not reachable on this number until May 2024)**



## 2024 Off-Season Training Program

**(May 13th-August 16th)**

**(Available for U11-Junior/College)**

The Offseason Training Package is for hockey players who want to push themselves to become the best player they can be. Off-Ice strength & conditioning, speed & agility, mobility, conditioning, mental skill building & goal setting will all be used in order to reveal your greatest potential. We want our athletes to DREAM every day about making it, PLAN exactly how they can make it happen, and most importantly put in the WORK to back it all up!



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## Off-Ice Strength & Conditioning

Off-Ice consists of testing athlete's to see their weaknesses, asymmetries, and any current or old injuries. Athlete's will then be provided an individualized program to improve Strength, Speed, Power, Conditioning & Movement. We will take care of and educate every aspect of their development including nutrition, recovery, hydration, goal setting, mental skills, and day to day life habits. Our main goal is to make you a better hockey player and perform to your highest potential ON THE ICE.





## **U18/Jr Performance Program (70+ Sessions, \$1800 + GST)**

Monday-Thursday 5:30pm-6:45pm

This program is for players who are serious about their commitment to the game. Each athlete will be assessed and prescribed individually throughout the spring/summer to ensure we are improving their specific needs. Off-Ice sessions are a minimum of four times a week.

## **U15 Development Program (56+ Sessions, \$1400 + GST)**

Monday/Tuesday/Thursday 4:45pm-5:45pm

In the U15 Development Program we continue to prioritize fundamental movement patterns. Emphasis is first put on proper movement, then volume (repeated movements), then load (weight). Throughout this program athletes will build on their foundation with a heavier emphasis on strength, power, speed, and conditioning.

## **U13 Foundation Program (42+ Sessions, \$1000 + GST)**

Tuesday and Thursday 4:00pm-5:00pm

In the U13 LearnToTrain Program we prioritize FUNdamentals. Focus will be put on developing proper movement patterns within the athlete (Sprinting, Jumping, Kicking, Throwing & Catching) as well as the ABC's (Agility, Balance, Coordination). We will teach the basic principles of strength and power training to lay the foundation for young players to become athletic and strong.





## What's included in the program?

- Scheduled training sessions as above
- Pre/Mid/Post program testing
- Weekly flexibility/mobility recovery sessions
- Stick Handling/Skills Area
- Therapy/Recovery Area (Massage Guns, TENS/EMS, Acupressure Matts, + more)
- Weekly seminars (Injury prevention, nutrition, goal setting, psychology, hockey specific topics, + more)
- Anytime Communication with coaches about training, hockey decisions, advice
- TAGS workout shirt
- Access to facility outside of scheduled sessions (during open hours)
- 25% discount off any products sold at gym (Apparel, Snacks, Drinks, + more)

## FLEXIBILITY WITH TRAINING TIMES/DAYS

We believe the easiest way for athletes to improve is to SHOW UP ...CONSISTENTLY. With that being said, we understand that families have busy lives and many different obligations. We also want to allow kids to play other sports and work part time jobs. While we really encourage and appreciate making your scheduled session as often as you can, we are able to be flexible if needed.

- Please notify us as early as possible if you need to come earlier/later/different than your scheduled training session.
- If you miss a session during the week there will be plenty of opportunities to make it up on different days of the week/on the weekend if interested.
- If you know you will be gone for vacation/camps/other reasons let us know as early as possible so we can make arrangements for an online training program/gym for you to continue training while you are gone.



## **Players who have trained with TAGS:**

Tanner Fritz (HC Dinamo Minsk, KHL)

Reece Harsch (Cincinnati Cyclones, ECHL)

Sasha Laroqcue (Ohio State University Buckeyes, NCAA Div 1)

Brett Edwards (Northeastern University Huskies, NCAA Div 1)

Zach Okabe (St. Cloud State University Huskies, NCAA Div 1)

Ethan Edwards (University of Michigan Wolverines, NCAA Div 1)

Dayle Ross (St. Cloud State University Huskies, NCAA Div 1)

Brooklyn Tews (University of Alberta Pandas, USports)

Ty Toews (University of Windsor, USports)

Dayne Tews (Grande Prairie Storm, AJHL)

Matt Kjemhus (Melville Millionaires, SJHL)

Nolan Flint (Marian University Sabres , NCAA Div 3)

Sheldon Kwiatkowski (Marian University Sabres, NCAA Div 3)

Tye Evans (Melfort Mustangs, SJHL)

Jayden Watson (Grande Prairie Storm, AJHL)

And many more....

## Jordan McTaggart, B.ScPE, DPT

Owner/Head of Strength & Conditioning



Jordan (Tags) is currently finishing his Doctor of Physiotherapy Masters Degree in Gold Coast, Australia while playing hockey for the Brisbane Lightning. Jordan played for every GPAC team and went on to play 3 years for the Grande Prairie Storm. He began his college career the next year at Red Deer College where he played three years for the RDC Kings and received a Diploma in Kinesiology: Coaching & Sport Performance. He then went on to the University of Alberta-Augustana playing two years for the Vikings and completed his Bachelor of Science Degree majoring in Physical Education. Tags could not be more excited to be coming home to the Peace Country to finish what he started with TAGS Athletic Gym.

**All ON-ICE SKILLS/CAMPS will be through Your North Hockey! Please give us a follow/subscribe on our Instagram/Facebook/Website!**

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