

Client: Power Shot Hockey Academy

Writer: Holly Bowne

Project: Website Copy

## ***Summer Training Program***

INSERT PIC OR VIDEO

Think about those long, hot, dog days of summer. Sure, you could lounge around by the poolside and soak up some rays, or...

***You could make the most of this time, participating in  
Power Shot Hockey Academy's elite Summer Training Program!***

With *decades of NHL experience*, PSHA owners, Mike Donnelly and Craig Channell, have enlisted the additional expertise of *Detroit Red Wings* head athletic director, Piet Van Zant, to create *Power Shot Hockey Academy's* elite Summer Training Program.

A player needs to ask the question: "Do I want to play hockey? Or do I want to be a hockey player?" As Piet will tell you, *off-season training is one of the most overlooked, but most important phases of a hockey development plan*. It is the one way a player can get ahead of the curve, and make the most gains.

*Power Shot Hockey Academy* members can attest, no training in the state compares with the **Power Shot Shooting System** for developing strong, accurate shots, improved stickhandling skills, and increased goal scoring. PSHA's eight-week elite Summer Training Program combines this exclusive system with a 90-minute core strength & conditioning regimen designed by Piet. The program also includes nutrition counseling by a certified nutritionist. The result is an unbeatable combination designed to *bring each player's game to the highest level possible*.

Summer Training Program participants benefit from the know-how of their *NHL-affiliated instructors*, effectively building core strength, flexibility, explosive speed, faster recovery times, and the endurance necessary to *achieve maximum performance--period in, period out, game in, game out*.

***Compete at the highest level next season. Sign up today!***

### **Location:**

**Power Shot Hockey Academy  
12852 Wayne Rd.  
Livonia, Michigan 48150  
734-838-0600**

### **8-week Summer Training Program**

Program runs four days per week for eight weeks, and includes PSHA's 90-minute strength & conditioning regimen followed by unlimited shooting practice with the **Power Shot Shooting System**.

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**Dates:** June 22 – August 14, 2009 / 4 days per week (Monday, Tuesday, Thursday & Friday)

**Age Groups/Times:** (Maximum 24 players per group)

Elite: NCAA, Junior & Pro – 8:30-10:00 a.m.

Gold: Midget, AAA, H.S. – 10:00-11:30 a.m.

Silver: Bantam, all girls – 11:30 a.m.-1:00 p.m.

**Cost:** \$900\* (Reduced price: \$800 if paid in full by June 1, 2009.)

\*Non-refundable deposit of \$450 required to reserve your spot; remaining \$450 due by June 22, 2009.

[Members Register Here – or – Non-members Register Here](#)

### **6-week Summer Nights Training Program**

Program runs two evenings per week for six weeks, and includes PSHA's 90-minute core strength & conditioning regimen, followed by an additional 60 minutes of shooting practice using the **Power Shot Shooting System.**

**Dates:** July 6 – August 13, 2009 / 2 days per week (Monday/Wednesday or Tuesday/Thursday)

**Ages:** Students born in 1995 and older (Maximum 24 players)

**Times:** 4:00 – 5:30 p.m. or 5:30 – 7:00 p.m.

Session 1: Monday/Wednesday – 4:00 – 5:30 p.m.

Session 2: Monday/Wednesday – 5:30 – 7:00 p.m.

Session 3: Tuesday/Thursday – 4:00 – 5:30 p.m.

Session 4: Tuesday/Thursday – 5:30 – 7:00 p.m.

**Cost:** \$300\*

\*Paid in full at time of registration to reserve your spot.

[Members Register Here – or – Non-members Register Here](#)

*Committed to Bringing Your Game to the Next Level!*