

Let Raised Athletics be your official off-ice training facility for this upcoming year.

Focus more on fundamentals during your on ice practise while our hockey specific dry land training drills assist the players in developing foot speed, strength, conditioning, agility and an opportunity for team building and much more.

Either have one of our knowledgeable and dedicated trainers put your team through the sessions or run these sessions on your own.

Book today at:

Raisedathletics@outlook.com

306535-5520

**Yellow Package**

1-1hr 15 min session per week

Lead by trainer-$145

Lead by coaching staff-$115

October-March

6 months x 4 sessions

24 sessions

$3480.00 + gst lead by trainer

$2760.00 + gst lead by coaching staff

**Purple Package**

2- 1hr 15 min sessions per month.

led by a coach-$150

led by coaching staff $120

October-March

6 months x 2 sessions

12 sessions

$ 1800.00 +gst lead by trainer

$1440.00 +gst lead by coaching staff

**White Package**

1-1hr 15 min session per month

October-March

Lead by trainer $155

Lead by coaching staff $125

6 sessions

$930.00 +gst lead by trainer

$750.00 +gst lead by coaching staff