



# FALL PERFORMANCE PROGRAM

## 2020 WHL/JUNIOR/COLLEGE

This fall, Fortius HockeySTRONG is launching a NEW Performance Program for Junior/WHL/College players. The 8-week program will continue developing **SPEED, STRENGTH** and **POWER** into the extended off-season to ensure players remain strong, resilient and ready to return to the ice when league play re-opens.

The weekly program includes:

- 4 x 90min strength & conditioning group sessions
- 1 X 60min energy system training/regeneration group session
- Daily readiness tracking
- Pre and post program testing
- 30min RMT voucher every 2 weeks



### ADD ON-ICE SKILL DEVELOPMENT

Enhance your training with on-ice skill development through our partners at Hockey House. Skates take place at Scotia Barn.

To register, email: [info@hockeyhousebc.com](mailto:info@hockeyhousebc.com)

**DRYLAND TRAINING**  
**SEPT 14 - NOV 6**  
MON-FRI: 9:30-11:00AM

**CLICK HERE TO REGISTER NOW**

\*Must register for at least 4-weeks

## FORTIUS COVID SAFETY PROTOCOLS

- Change rooms, showers, water fountains and towel service are closed at this time.
- Athletes enter and exit the training floor through a separate entrance for team training.
- Athletes train in a private zone on Level 1 with equipment reserved for private and team training.
- Group size is reduced to 6 athletes to ensure physical distancing can be maintained at all times.
- Equipment is cleaned between sessions, and before and after being shared between athletes.
- Coaches wear masks at all times, and physical distance as much as possible throughout.
- Schedule changes or inquiries are only done over email at [hockeystrong@fortiussport.com](mailto:hockeystrong@fortiussport.com)