

Who Else Wants To Discover Exactly What Girls Hockey Players Need To Take Their Speed and Performance To The Next Level?



Kim McCullough, director of **Total Female Hockey**, former elite women's hockey player (NCAA, CWHL) and off-ice player development coach for players and teams from novice to national team, is running

Girls Hockey Speed Secrets Seminars

on Friday, April 10th & Saturday, April 11th at the Brampton Tournament.

Speed is by far the #1 weapon in girls' hockey but exactly how do you GET FASTER?

In this one-hour seminar, Kim will show you...

=> **3 Simple Off-Ice Tests Players Can Do To See If They Have What It Takes To Become The Fastest Female Hockey Player Possible**

=> **How To Develop The 3 Critical Components of Hockey Speed Without Stepping On The Ice**



You'll discover exactly what it takes to develop incredible first-step quickness, game-breaking agility, explosive starts and breakaway speed.

PLUS you'll have the chance to ask any question you might have about what it takes to get to the next level of hockey performance on and off the ice.

These seminars are FREE and are open to all girls' hockey parents, coaches and players at the tournament.

There are 5 seminars available:

- => **Friday April 10th: 12-1pm 2-3pm 5-6pm**
- => **Saturday April 11th: 12-1pm 2-3pm**

Note: All sessions are being held at **Iceland Arena** in Mississauga, in the **Mind To Muscle** training facility on the 2nd floor.

There are **only 30 spots available in each seminar** so you'll need to act fast to get signed up before all the spots are taken.

If you are interested in attending a session, email Kim at kim@totalfemalehockey.com or visit the Total Female Hockey table at Iceland Arena for more information.

Get ready to jump-start your summer and be at full-speed in time for next season.

