

TBH-Bantam

TBH-Spring				
Week	Dates	Ice Sessions	Weights/Plyos	Notes
1	Mar 11-15	0	2	Testing/Orientation/Youth State
2	Mar 18-22	2	4	
3	Mar 25-29	0	0	Spring Break
4	Apr 1-5	2	4	
5	Apr 8-12	2	4	HP 14/15
6	Apr 15-19	2	4	Great 8 HP 16/17
7	Apr 22-26	2	4	NIT/ Final 54
8	Apr 29- May 3	2	4	
9	May 6-10	2	4	
10	May 13-17	2	4	
11	May 20-24	2	4	
12	May 27-31	0	4	5/29 Memorial Day
13	June 3-7	0	2	Testing/Last Week of School
Total Sessions		18	44	

TBH-Summer				
Week	Dates	Ice Sessions	Weights/Plyos	Workout Details
1	June 10-14	3	4	
2	June 17-21	3	4	
3	June 24-28	3	4	
4	July 1-5	0	0	Fourth of July/Deload
5	July 8-12	3	4	
6	July 15-19	3	4	
7	July 22-26	3	4	
Total Sessions		18	24	

TBH-Fall				
Week	Dates	Ice Sessions	Weights/Plyos	Workout Details
1	July 29-Aug 2	3	4	
2	Aug 5-9	3	4	
3	Aug 12-16	3	4	
4	Aug 19-23	3	4	
5	Aug 26-Aug 30	3	4	
6	9/4-9/8	0	0	Labor Day/ 1st Week of School
7	Sept 9-13	2	4	
8	Sept 16-20	2	4	Testing
9	Sept 23-27	Youth Tryouts		
Total Sessions		19	28	

Payment Breakdown	
SEASONAL	
\$1,200	
March	\$ 400.00
April	\$ 400.00
May	\$ 400.00

Payment Breakdown	
SEASONAL	
\$1,000	
June	\$ 500.00
July	\$ 500.00

Payment Breakdown	
SEASONAL	
\$1,000	
August	\$ 500.00
September	\$ 500.00

TBH Total is a full off season package for your training. It covers your total training from March until the start of youth hockey tryouts.

We also recognize our athletes who play multiple sports, have other obligations, etc. and offer seasonal packages to accommodate the best that we can.

TBH TOTAL			
Spring	Summer	Fall	Total Cost
7 payments of \$390			\$2,730.00

SEASONAL			
Spring	Summer	Fall	
\$ 1,200.00	\$ 1,000.00	\$ 1,000.00	\$ 3,200.00

