



# SYNERGY PERFORMANCE TRAINING (SPT)



WEEK	DATE	DAY	RINK	LOCATION	PROGRAM	START	END	MY SCHEDULE
WEEK 1	6/6/2022	Mon	Mills	Ice Zone	SPT	2:10 PM	3:10 PM	
	6/7/2022	Tue	Mills	Ice Zone	SPT	10:10 AM	11:10 AM	
	6/7/2022	Tue	Mills	Ice Zone	SPT	3:10 PM	4:10 PM	
	6/7/2022	Tue	Mills	Ice Zone	SPT	4:20 PM	5:20 PM	
	6/8/2022	Wed	Mills	Ice Zone	SPT	2:10 PM	3:10 PM	
	6/9/2022	Thu	Mills	Ice Zone	SPT	10:10 AM	11:10 AM	
	6/9/2022	Thu	Mills	Ice Zone	SPT	2:50 PM	3:50 PM	
	6/9/2022	Thu	Mills	Ice Zone	SPT	4:00 PM	5:00 PM	
WEEK 2	6/10/2022	Fri	Mills	Ice Zone	SPT	10:50 AM	11:50 AM	
	6/13/2022	Mon	Mills	Ice Zone	SPT	2:10 PM	3:10 PM	
	6/14/2022	Tue	Mills	Ice Zone	SPT	10:10 AM	11:10 AM	
	6/14/2022	Tue	Mills	Ice Zone	SPT	3:10 PM	4:10 PM	
	6/14/2022	Tue	Mills	Ice Zone	SPT	4:20 PM	5:20 PM	
	6/15/2022	Wed	Mills	Ice Zone	SPT	2:10 PM	3:10 PM	
	6/16/2022	Thu	Mills	Ice Zone	SPT	10:10 AM	11:10 AM	
	6/16/2022	Thu	Mills	Ice Zone	SPT	2:50 PM	3:50 PM	
WEEK 3	6/16/2022	Thu	Mills	Ice Zone	SPT	4:00 PM	5:00 PM	
	6/17/2022	Fri	Mills	Ice Zone	SPT	10:50 AM	11:50 AM	
	6/21/2022	Tue	Mills	Ice Zone	SPT	3:00 PM	4:00 PM	
	6/21/2022	Tue	Mills	Ice Zone	SPT	4:10 PM	5:10 PM	
	6/23/2022	Thu	Mills	Ice Zone	SPT	2:50 PM	3:50 PM	
	6/23/2022	Thu	Mills	Ice Zone	SPT	4:00 PM	5:00 PM	
	6/27/2022	Mon	Mills	Ice Zone	SPT	2:10 PM	3:10 PM	
	6/28/2022	Tue	Mills	Ice Zone	SPT	10:10 AM	11:10 AM	
WEEK 4	6/28/2022	Tue	Mills	Ice Zone	SPT	2:00 PM	3:00 PM	
	6/28/2022	Tue	Mills	Ice Zone	SPT	3:10 PM	4:10 PM	
	6/29/2022	Wed	Mills	Ice Zone	SPT	2:10 PM	3:10 PM	
	6/30/2022	Thu	Mills	Ice Zone	SPT	10:10 AM	11:10 AM	
	6/30/2022	Thu	Mills	Ice Zone	SPT	2:50 PM	3:50 PM	
	6/30/2022	Thu	Mills	Ice Zone	SPT	4:00 PM	5:00 PM	
	7/1/2022	Fri	Mills	Ice Zone	SPT	10:50 AM	11:50 AM	
	7/5/2022	Tue	Mills	Ice Zone	SPT	4:20 PM	5:20 PM	
WEEK 5	7/5/2022	Tue	Mills	Ice Zone	SPT	5:30 PM	6:30 PM	
	7/6/2022	Wed	Mills	Ice Zone	SPT	4:20 PM	5:20 PM	
	7/11/2022	Mon	Mills	Ice Zone	SPT	2:10 PM	3:10 PM	
WEEK 6	7/12/2022	Tue	Mills	Ice Zone	SPT	10:10 AM	11:10 AM	
	7/12/2022	Tue	Mills	Ice Zone	SPT	2:00 PM	3:00 PM	
	7/12/2022	Tue	Mills	Ice Zone	SPT	3:10 PM	4:10 PM	
	7/13/2022	Wed	Mills	Ice Zone	SPT	2:10 PM	3:10 PM	
	7/14/2022	Thu	Mills	Ice Zone	SPT	10:10 AM	11:10 AM	
	7/14/2022	Thu	Mills	Ice Zone	SPT	2:50 PM	3:50 PM	
	7/14/2022	Thu	Mills	Ice Zone	SPT	4:00 PM	5:00 PM	
	7/15/2022	Fri	Mills	Ice Zone	SPT	10:50 AM	11:50 AM	
WEEK 7	7/18/2022	Mon	Mills	Ice Zone	SPT	2:10 PM	3:10 PM	
	7/19/2022	Tue	Mills	Ice Zone	SPT	2:00 PM	3:00 PM	
	7/19/2022	Tue	Mills	Ice Zone	SPT	3:10 PM	4:10 PM	
	7/20/2022	Wed	Mills	Ice Zone	SPT	2:10 PM	3:10 PM	
	7/21/2022	Thu	Mills	Ice Zone	SPT	2:50 PM	3:50 PM	
	7/21/2022	Thu	Mills	Ice Zone	SPT	4:00 PM	5:00 PM	
	7/22/2022	Fri	Mills	Ice Zone	SPT	10:50 AM	11:50 AM	
	7/25/2022	Mon	Mills	Ice Zone	SPT	2:10 PM	3:10 PM	
WEEK 8	7/26/2022	Tue	Mills	Ice Zone	SPT	10:10 AM	11:10 AM	
	7/26/2022	Tue	Mills	Ice Zone	SPT	2:00 PM	3:00 PM	
	7/26/2022	Tue	Mills	Ice Zone	SPT	3:10 PM	4:10 PM	
	7/27/2022	Wed	Mills	Ice Zone	SPT	2:10 PM	3:10 PM	
	7/28/2022	Thu	Mills	Ice Zone	SPT	10:10 AM	11:10 AM	
	7/28/2022	Thu	Mills	Ice Zone	SPT	2:50 PM	3:50 PM	
	7/28/2022	Thu	Mills	Ice Zone	SPT	4:00 PM	5:00 PM	
	7/29/2022	Fri	Mills	Ice Zone	SPT	10:50 AM	11:50 AM	
WEEK 9	8/1/2022	Mon	Mills	Ice Zone	SPT	2:10 PM	3:10 PM	
	8/2/2022	Tue	Mills	Ice Zone	SPT	10:10 AM	11:10 AM	
	8/2/2022	Tue	Mills	Ice Zone	SPT	2:00 PM	3:00 PM	
	8/2/2022	Tue	Mills	Ice Zone	SPT	3:10 PM	4:10 PM	
	8/3/2022	Wed	Mills	Ice Zone	SPT	2:10 PM	3:10 PM	
	8/4/2022	Thu	Mills	Ice Zone	SPT	10:10 AM	11:10 AM	
	8/4/2022	Thu	Mills	Ice Zone	SPT	2:50 PM	3:50 PM	
	8/4/2022	Thu	Mills	Ice Zone	SPT	4:00 PM	5:00 PM	
WEEK 10	8/5/2022	Fri	Mills	Ice Zone	SPT	10:50 AM	11:50 AM	
	8/8/2022	Mon	Mills	Ice Zone	SPT	5:10 PM	6:10 PM	
	8/9/2022	Tue	Mills	Ice Zone	SPT	3:00 PM	4:00 PM	
	8/9/2022	Tue	Mills	Ice Zone	SPT	4:10 PM	5:10 PM	
	8/9/2022	Tue	Mills	Ice Zone	SPT	5:20 PM	6:20 PM	
	8/10/2022	Wed	Mills	Ice Zone	SPT	5:10 PM	6:10 PM	
	8/11/2022	Thu	Mills	Ice Zone	SPT	2:50 PM	3:50 PM	
	8/11/2022	Thu	Mills	Ice Zone	SPT	4:00 PM	5:00 PM	
WEEK 11	8/15/2022	Mon	Mills	Ice Zone	SPT	2:10 PM	3:10 PM	
	8/16/2022	Tue	Mills	Ice Zone	SPT	10:10 AM	11:10 AM	
	8/16/2022	Tue	Mills	Ice Zone	SPT	2:00 PM	3:00 PM	
	8/16/2022	Tue	Mills	Ice Zone	SPT	3:10 PM	4:10 PM	
	8/17/2022	Wed	Mills	Ice Zone	SPT	2:10 PM	3:10 PM	
	8/18/2022	Thu	Mills	Ice Zone	SPT	10:10 AM	11:10 AM	
	8/18/2022	Thu	Mills	Ice Zone	SPT	2:50 PM	3:50 PM	
	8/18/2022	Thu	Mills	Ice Zone	SPT	4:00 PM	5:00 PM	
	8/19/2022	Fri	Mills	Ice Zone	SPT	10:50 AM	11:50 AM	

**Program Description & Pre-Requisites:** For the ELITE level skater (AAA, CSDHL, College or Pro) in need of continuous training during the summer months. Maximize potential through intense, small group, individualized training with a flexible schedule. Program includes 18 hours of ice over the course of 11 weeks in the summer. Skaters will build confidence by repetitiously executing skill work in real game like situations, develop shot and ability to score in every scoring opportunity found in the game, become stronger on the puck, learn how to protect the puck and win those one-on-one battles. 12 skaters max on the ice at one time; ratio of 3:1, skaters to instructors, which equates to 4 coaches with 12 skaters. All sessions at the St. Louis Ice Zone. Once enrolled, participants have the ability to hand-pick each preferred ice time through the enrollment software. The software will keep track of each lesson and enable participants to cancel and reschedule as needed as long as changes or cancellations are done 24+ hours in advance. No refunds or credits for missed sessions. **\*\*PRE-REQUISITE:** experience/participation on an Elite level team - AAA, CSDHL, College, Junior, or at the Pro Level. Approval required if you do not meet this criteria - email us: [info@synergyhockeyskills.com](mailto:info@synergyhockeyskills.com).

**USE THE SCHEDULE TO THE LEFT TO PLAN OUT YOUR SUMMER TRAINING SCHEDULE - CHECK THE DAYS/TIMES THAT YOU PLAN TO SCHEDULE!**

**IMPORTANT PROGRAM NOTES:** 12 skaters max per ice time, so it's HIGHLY advised to schedule ALL of your 18 lessons within 48 hours of your enrollment to ensure you get your first choice of ice times. If there are ice times that have no skaters enrolled, Synergy reserves the right to cancel the ice time, therefore reducing the number of available lesson times for you to choose from. You may cancel a scheduled lesson time up to 24 hours prior to the lesson and you may re-schedule a replacement lesson as long as you schedule it 24 hours prior to the new lesson time. Cancellations (or no-shows) less than 24 hours prior to lesson will be a forfeited lessons with no credit, refund or opportunity to reschedule - this is **NON-NEGOTIABLE!** Unused lessons will not roll over to any other program or any other type of lesson - all must be used or forfeited. Utilize the UpperHand website or app to schedule all your purchased lessons and to make any scheduling changes: <https://app.upperhand.io/>