



2010 Colorado Rampage AAA Spring & Summer Training



www.rampagehockeyaaa.com

Name _____ DOB _____ Position _____

Address _____ City/State _____ Zip _____

Home Phone _____ Dad Cell or Work _____

Mom Cell or Work _____ Parent's Names _____

Email address #1 _____ email #2 _____

2009/10 Team _____ Level of Play _____

Please circle the appropriate group:

Please circle which facility you would use:

- | | |
|---|-----------------|
| • Major AAA 92 - 95 (96's upon request) | 365 Performance |
| • Junior A Tier 1 90 – 91's | |
| • College/Pro 89 – 85's | NSCA |

Send this completed form via email to ambersk8@aol.com or fax it to 719-623-0603.
Payment is \$1375. You may either fill out the credit card info or send a check to:

Colorado Rampage S/S Training
Attn: Amber Sherman
13883 Firefall Ct.
C/S, CO. 80921

[] Check box for 15% returning player discount.

Credit Card # _____ Type _____

Exp Date _____ Name on Card _____

3-Dig # on back _____

Please Note: Payment is a one time fee of \$1375 for the spring/summer per player. Players may miss sessions due to vacations, ect. But there are no refunds or pro-rates. If you have questions regarding the fees or need assistance, please call 719-492-5521.

YOU WILL RECEIVE AN EMAIL CONFIRMATION ONCE YOUR APPLICATION HAS BEEN PROCESSED.

2010 SPRING & SUMMER TRAINING



AAA HOCKEY

TRAINING THE ATHLETE IN ALL OF US



- April 5th - August 2nd
- \$1375 for all Spring & Summer
- Practice everyday Monday-Friday (Either on or off ice.)
- **GET STRONGER! SKATE FASTER! STAY IN THE GAME!**
- Hockey specific Strength & Conditioning
- Nutrition Seminar by world renowned DAVE ELLIS of www.fuelingtactics.com
- 15% Discount for returning players!

For more info call Andrew Sherman at 719-492-5521 or log on to: www.rampagehockeyaaa.com and click on Summer Training!



Typical Weekly Schedule:(You pick the time and location of the workout that works best each day.)

Monday, Wednesday & Friday- WORKOUT- 9am and 5pm @ NSCA
11am and 4pm @ 365 Performance
Tuesday & Thursday- ON ICE- 4:30-6:00pm @ Colorado Sports Center

*Specific ice and workout times are subject to change, this is an example of the schedule last year.