

ACCELERATION

KOZORIS STRENGTH & CONDITIONING

SPECIALTY IN SEASON AND OFF SEASON CONDITIONING PROGRAMS AND CAMPS FOR HOCKEY AND ALL SPORTS REQUIRING EXPLOSIVE SPEED AND POWER

All programs are designed to increase the athletics speed, agility, power, strength, proprioception, dynamic stability. Periodization will be appropriately incorporated as the training focus alters greatly from program 1 to program 2 in order to develop all of the physiological components required to succeed in hockey.

Program 1: (April - August)

Resistance Weight Training, Strength & Conditioning

- Open to both male & female athletes
 - April to September (2016)
 - Gym work - resistance/plyometric training/weight training
 - Seminar 1 is @ Acceleration, Kozoris Strength & Conditioning (choose one of these seminars)
 - a. April 3 @ 10:00 am Minor hockey players
 - b. April 3 @ 11:30 am JR, pro, collegiate players
 - c. April 4 @ 6:15 pm All players
 - d. April 5 @ 6:15 pm All players
 - *Seminars are ongoing and athletes can join at any time
 - *Alternate seminar times can be arranged
 - Includes manual and training diary
 - Includes 5 seminars and constant monitoring
 - Covers five phrases of training specific to hockey requiring speed and power:
 - o Muscular endurance
 - o Hypertrophy
 - o Strength
 - o Power
 - o Ballistic properties
 - Emphasis on all elements that contribute to speed development:
 - o Dynamic and Ballistic strength
 - o Flexibility
 - o Proprioception
 - o Functional and Rotational core stability
 - o Muscular development
 - o Power
- Cost: \$210.00. Payable: First week of April or at your first seminar
- Register by April 1st 2016 (phone or email) you may start at anytime. (Spring or Summer).

100% Effort, No Excuses!! Do The Work!!

Program 2: (July & August) - Junior Sprints Summer, Aerobic/Anaerobic Sprint Training Program

- Open to both male & female athletes
- Field, hill, track and over speed training at TCC Track
- 24 sessions (1hr each)
- Aerobic and anaerobic energy system training (endurance runs and interval sprinting)
- Heart rate monitoring through scientific periodization
- Morning sessions
 - o 8:00 AM (Tournament Capital Center Field Track)
 - o July 4,6,8,11,13,15,18,20,22,25,27,29
 - o August 2,3,4,5,8,9,11,12,15,16,18,19.
- All explosive sports replicated foot speed, balance, agility and plyometric movements and explosive stride generation
- Dynamic, static and P.N.F. Flexibility
- Cost: \$210.00. Due: first week of July at first session
- Register by June 30, 2016 (phone/email)
- Athletes may join @ anytime

Methodology

- 3-4 x per week (depending on period of training)
- Physiological components required to succeed in hockey and all explosive sports
- All programs developed & administered by Greg Kozoris
- Both programs utilize the very latest in scientific methodologies specific to training & conditioning hockey specific & other athletes requiring explosive speed and power
- Correction of muscle imbalances, injuries, ligament, tendon and joint instability



PROTOCOLS

Specific training and periodization of cycles of training. Testing, evaluation, biomechanical analysis. Individual, team and group training. Muscle imbalance correction, injury prevention. Tendon, ligament and joint stability. Periodization, in season and off season training.



SPECIALIZED HOCKEY SUMMER CONDITIONING CAMPS

Combines all programs and protocols as above. These programs operate mid April to September. Highest level training offered in Kamloops / Okanagan. All programs utilize the very latest in Scientific Methodologies specific to sports conditioning and training. Trainer of many professional, minor pro, European, national collegiate, junior and minor sports athletes.