

Private Lessons and Training
(Players & Goalies)

On and Off-Ice Conditioning

Fundamental Skating

Expert Instruction from top
coaches

Variety of Activities

Low Player to Coach Ratio



*We are coaches that
CARE*

T.E.A.M.S. Training
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T.E.A.M.S Training

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MHAP

Massachusetts Hockey Acceleration Program

An intensive summer training program consisting of both on and off-ice training. We utilize our Blademill to focus on edges and conditioning while supplementing with intensive off ice workouts. Our on-ice portion focuses on maintaining and building core skills and keeping players 'GAME READY'.

Please note this program is for elite youth hockey, high school and collegiate players only. SPACE IS LIMITED

PLEASE CALL US TO DISCUSS AND SCHEDULE

Summer Camps

A summer training program consisting of both on and off ice instruction. Meals are provided along with a variety of activities throughout the day. Please note camps run Monday- Thursday from 9am to 4pm.

Dates:

**July 29th- August 3rd: Goalie Academy of Boston
(elite goalies only)**

Group 1: 98-91 (Date of Birth)

Group 2: 06- 99 (Date of Birth)

COST- \$900 Day

COST-\$1200.00 Boarders

**August 6th-9th: U10/ U12 Camp
(Boys/ Girls and Players/Goalies)**

**August 13th- 16th; U14/U19
(Boys/ Girls and Players/Goalies)**

COST-\$495.00

Blademill Training

Work on your fundamentals in a concentrated environment . Maximum 4 players

10 Sessions

\$650.00

20 Session

\$1200.00

10 Sessions Plus Off-Ice Training

\$1000.00

PLEASE NOTE THESE CAN BE FOR BOTH:
PLAYERS AND GOALIES

Directors



Jim Michals

Skating Instructor



Doug Michals

Goalie Coach

About Us...

T.E.A.M.S. Training focuses on building a player through fundamentals. Our staff are collegiate and pro players who take a hands on approach to training your children.