



Unified National Team Program (UNTP)

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Objectives



Training Plan



Proposed Training Dates for Q1 2020 or Q3 2020



Fees

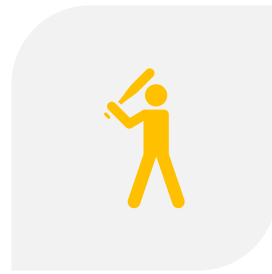


Fitness Test

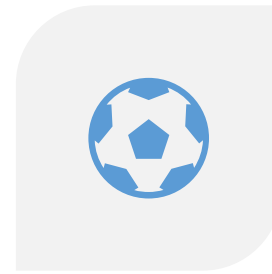
Objectives



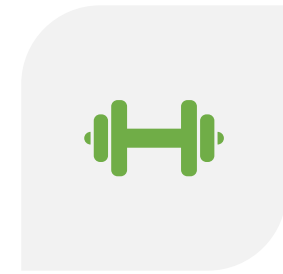
TO INCREASE THE ICE TIME
FOR EACH NATIONAL ATHLETE
WHILE REDUCING COST



TO IMPROVE THE SKATING
AND TECHNICAL ABILITY OF
EACH PLAYER



TO ACCOMMODATE FOR THE
WIDE SKILL DIFFERENCES
AMONGST NATIONAL PLAYERS



TO SET THE FITNESS
STANDARD FOR NATIONAL
PLAYERS

Training Plan (Quarterly)

	HALF ICE	HALF ICE
FRIDAY 1 ST HOUR	Power Skating and Skill Development (All)	
FRIDAY 2 ND HOUR	Advanced Players Training (with goalies)	
SATURDAY 1 ST HOUR	Advanced Players Training	Beginner Players Training
SATURDAY 2 ND HOUR	Goalie Training	Beginner Players Training

Advanced Players: Div 1 and 2 or equivalent

Beginner Players: Div 3 or equivalent

Training Plan (Nearing Tournament)

	1/3 ICE	1/3 ICE	1/3 ICE
FRI 1ST HR	Power Skating and Skill Development (All)		
FRI 2ND HR	Team Training		
SAT 1ST HR	Goalie Training	Advanced Players Training	Beginner Players Training
SAT 2ND HR	Team Training		

**Proposed
Training
Dates for Q1
2020**

Friday	Saturday
3 Jan	4 Jan
10 Jan	11 Jan
17 Jan	18 Jan
31 Jan	1 Feb
7 Feb	8 Feb
14 Feb	15 Feb
6 Mar	7 Mar
13 Mar	14 Mar
20 Mar	21 Mar
27 Mar	28 Mar

**Proposed
Training
Dates for Q3
2020**

Friday	Saturday
5 Jun	6 Jun
12 Jun	13 Jun
19 Jun	20 Jun
26 Jun	27 Jun
3 Jul	4 Jul
10 Jul	11 Jul
17 Jul	18 Jul
24 Jul	25 Jul
7 Aug	8 Aug
14 Aug	15 Aug

Fees

Player - \$500 for
projected 10 cycles

Goalie - \$250 for
projected 10 cycles

Ad-hoc Player - \$30
per hour

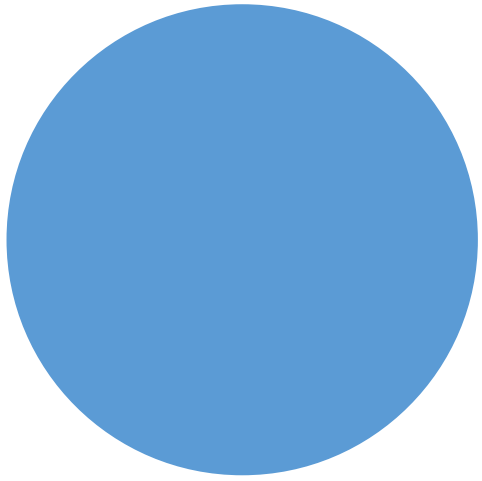
Fitness Test



Fitness test will be held monthly



Players have to meet acceptable standards



Questions?



Sign up link

Tinyurl.com/UNTP2020Q1