HIGH PERFORMANCE
HOCKEY DEVELOPMENT

OFF-SEASON TRAINING CAMPS — IN-SEASON DEVELOPMENT
OUR HISTORY

**Founded by Peter Twist,** a Hockey Strength and Conditioning pioneer and 11 year veteran NHL Conditioning Coach and Exercise Physiologist, TWIST High Performance Hockey Development continues to lead the way in hockey strength and conditioning and player development from pee-wees to pros.

Since 1994, TWIST High Performance Hockey Camps have been the off-season training home for some of the NHL’s top players including former stars Mark Messier, Pavel Bure, Trevor Linden and Markus Naslund, and current NHL stars Daniel and Henrik Sedin, Dan Hamhuis, Karl Alzner, and Morgan Rielly.

» Trained over 800 Pro Hockey Players
» Since 2005, TWIST has had over 150 players drafted to the NHL
» Helped over a thousand junior hockey players make the jump to college or pro hockey
» Consult and train Pro, National and Olympic Hockey Teams

**Today,** TWIST offers the most comprehensive, integrated on and off-ice development programs in hockey. TWIST High Performance Hockey Programs are built to help each athlete reach the next level of performance.

» Authored the hockey development bible “Complete Conditioning For Ice Hockey” (1997 and 2004)
» Ran the first Pro Off-Season Hockey Development Camp in North America that featured on and off-ice development
» Conducted NHL Training Camp Testing and NHL Combine Testing

“TWIST’s hockey training system has helped us realize our full potential as players so that we could match up with the more dominant players today. We’ve both experienced significant improvements in strength, speed, power, balance, quickness and agility, and conditioning.”

Daniel and Henrik Sedin, Vancouver Canucks (NHL)
At TWIST, we pride ourselves not just on our training methods, but our coaching methods. Our coaching methodology is an active hands-on style that allows us to correct and teach movement that results in improved performance.

TWIST Hockey Training methods are founded on sport-science, research and experience with many of the top players in the world. These training methods are recognized world-wide through publications & books, and taught globally to trainers & coaches.

This paradigm focuses on developing BALANCE, MOVEMENT, STRENGTH and ENERGETICS to help build BIGGER, STRONGER, FASTER and SMARTER muscles. Our integrated dryland and on-ice hockey development system is built on training the secondary fitness characteristics that directly transfer to hockey skills and tactics making you a MORE EXPLOSIVE, STRONGER, FASTER, DURABLE, CONFIDENT and SKILLFUL player.

| Balance, Posture, Mobility, Stability | Efficient skating mechanics, deep and long stride, edge control |
| Explosive Speed, Deceleration and Acceleration | First step quickness, stopping ability, change of speed, top-end speed |
| Multi-Directional Movement Skills and Reactivity | Efficient and quick changes of direction, offensive creativity, defensive reactivity |
| Linked System Strength and Power | Strength on and off puck, combative strength, explosive stride power |
| Core Strength and Rotary Power | Strength on skates, skating and pivoting speed, shooting power |
| Anaerobic Energy Systems | Hockey-specific anaerobic, alactic and lactic systems |
THE TWIST DIFFERENCE

With an established track record in high performance hockey development, TWIST combines proven training methodologies with a personalized approach to develop athletes that thrive in the NHL, make the jump to Pro Hockey, get drafted, earn scholarships and play to their peak potential at every level.

All TWIST Coaches have post secondary degrees, elite athletic backgrounds, and complete ongoing performance-related certifications to ensure that each player is equipped with the necessary tools to learn, grow, develop and become a better athlete.

The TWIST Advantage:

» 1:6* coach to athlete ratio
» University Educated Coaches
» Long Term Development Focus
» Active Coaching Techniques
» Proven Results from Top Players

» Focus on Quality of Movement
» Integration of On and Off-Ice Development
» Personalized Programs
» Passionate Elite Coaches
» World-Class Hockey Training Methods

*Coach to player ratio may vary slightly per location

“Having trained at TWIST for a number of years, I have seen vast improvements in my overall speed and strength. Their ability to alter the workouts keeps things new and challenging. TWIST has been instrumental in helping me compete at the highest level.”

David Jones, Minnesota Wild (NHL)
OFF-SEASON CAMPS

From Pee-wee to Pro,
TWIST High Performance Hockey Development Camps help players reach new levels in their game. Our Off-Season Development Camps are split into 2 camps:

» Spring High Performance (3 months)

» Summer High Performance (2 months)

Players can join our full Off-Season Camp (April- August), our 3 Phase Spring Camp (13 weeks), our signature 8 Week Summer Camp, or let us customize their off-season training plan to meet their schedule, budget and developmental needs.

"I’ve been training every off-season with TWIST since 1st year Bantam and can honestly say the off-ice and on-ice development programs have improved my game tremendously. It’s all positive stuff at TWIST and just a great place to train."

Morgan Rielly,
Toronto Maple Leafs (NHL)

Groups:

» PRO (NHL, AHL, Minors, Europe)

» CHL (OHL, WHL, QMJHL)

» COLLEGE (NCAA, CIS)

» TIER II JUNIOR A

» JUNIOR B

» MIDGET

» BANTAM

» PEE-WEE
SPRING TRAINING CAMPS

CAMP DETAILS:

April 3 - June 30

**PHASE 1**
April 3 – April 28: Movement Skill Development

**PHASE 2**
May 1 – May 26: Building Hockey Strength and Athleticism

**PHASE 3**
May 29 – June 30: Strength, Speed and Power Development
*Some locations offer On-Ice Skill and Skating Development in Phase 3

SPRING CAMPS INCLUDE:

» Movement Assessments and Performance Testing
» 3 – 4 training sessions per week
» 2 on-ice skill development sessions (Phase 3 only, depending on location)
» Take-home workouts, recovery sessions, nutrition education, mindset training and more
TWIST’S SIGNATURE 8 WEEK HIGH PERFORMANCE CAMP

July 3 - August 25

TWIST’s signature 8 week high performance camp is an all-inclusive camp that focuses on all of your off-season needs. This integrated program is designed to take your game to new levels with extensive high-transfer dryland training, on-ice training and skills, scrimmaging, powerskating, testing, nutrition, athletic yoga, recovery and regeneration sessions, mental training, and more. Each player receives his/her own Sport Conditioning Coach who will oversee each individual’s off-season program.

The TWIST Coach will personalize the program, set goals, communicate with the on-ice coaching staff and motivate and mentor each athlete. Dryland training sessions take place Monday to Friday and on-ice sessions are two to four times per week (depending on location). The cost of the 8 week program is the same price as 6 weeks allowing the flexibility for players to leave the camp for 1, 2 or 3 weeks for tryouts, pro and junior camps, or to take a vacation. If you are an elite player and are highly motivated to get even better, this camp is for you!

Are you from out of town? Homestay programs (billeting) are available upon request.

“Peter Twist and the staff at TWIST have been instrumental in my development since my 17 year old year. They have isolated my weaknesses and given me the plan to turn them into strengths so that I can continue to strive to be a complete player.”

Dan Hamhuis,
Vancouver Canucks (NHL)
8 WEEK SUMMER CAMP INCLUDES:

» Off-ice Development: 100+ hours of off-ice development including an 8 week periodized program that focuses on balance, acceleration-deceleration, explosive speed, agility, reactivity, strength and power, rotary power, anaerobic energetics, core strength, flexibility and mobility.

» Ice: 32 + hours of on-ice development that includes speed, agility and quickness, powerskating, skating mechanics, acceleration, individual skill development, tactics, large and small space scrimmaging, and conditioning. (Hours of ice may vary per location)

» Testing: Athlete assessments and hockey performance testing (Pre and Post), on-ice movement testing (speed, acceleration, change of direction)

» Player Development Services: TWIST Coach mentorship, mental training, sports nutrition, recovery and regeneration, athletic yoga.

» Personal coach and mentor to personalize each athlete’s program, set goals, communicate with

» Nutrition Education and Meal Planning – Learn how to fuel your body for optimal on-ice performance

» Additional Activities – Beach volleyball, hiking, 3 on 3 tournament, player BBQ and more
Customize Your Summer Off-Season Training Camp
July 3 - September 1

If you are unable to commit to TWIST’s Signature 8-week High Performance Camp, you can customize your summer program by registering by the week.

Available Weeks:
- Week 1: July 3 - 7
- Week 2: July 10 - 14
- Week 3: July 17 - 21
- Week 4: July 24 - 28
- Week 5: July 31 - August 4
- Week 6: August 8 - 11
- Week 7: August 14 - 18
- Week 8: August 21 - 25
- Week 9: August 28 - September 1
WEEKLY CAMP OPTIONS:

High Performance Dryland and Ice Camp
If you are unable to commit to 6 or more weeks, players can choose to join on a weekly basis. The weekly camps include 2 hours of dryland training per day plus 2-4 on-ice sessions per week. Build your speed, agility, strength, power, quickness, skills, skating mechanics and tactics with TWIST’s world renowned dryland and on-ice hockey training methods.

Dryland Only Camp
The weekly Dryland Only Camp will consist of 2 hour training sessions from Monday to Friday. TWIST Sport Conditioning’s weekly hockey-specific training camps will focus on training balance, dynamic movement, speed, quickness, agility, reactivity, strength, power, rotary core power, and anaerobic energetics.

On-Ice Only Camp
The weekly on-ice training camp will consist of 2 - 4 on-ice sessions per week (varies by location). On-Ice training methods include skating mechanics, plyometrics, starting quickness, change of direction, agility with and without the puck, speed, acceleration individual skills, game tactics, scrimmages and anaerobic energetics.

Speed And Conditioning Camp (Week 9 Only)
This one-week camp will ensure you start your season with explosive speed and a high anaerobic capacity. Get quicker, faster and more reactive with TWIST’s SAQ training methods. Increase your aerobic and anaerobic conditioning system on and off the ice to ensure your energy system is ready for the season. This program is open to Bantam, Midget, Junior and College players. BE READY to be challenged.
For more information, contact:

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