

SYNERGY PERFORMANCE TRAINING (SPT)

DATE	DAY	RINK / LOCATION	PROGRAM	START	END	MY SCHEDULE
6/4/2024	Tues	St. Louis Ice Zone	SPT Lesson	* 9:00 AM	10:00 AM	
6/4/2024	Tues	St. Louis Ice Zone	SPT Lesson	4:20 PM	5:20 PM	
6/5/2024	Wed	St. Louis Ice Zone	SPT Lesson	3:20 PM	4:20 PM *	
6/6/2024	Thurs	St. Louis Ice Zone	SPT Lesson	2:50 PM	3:50 PM	
6/10/2024	Mon	St. Louis Ice Zone	SPT Lesson	3:20 PM	4:20 PM *	
6/11/2024	Tues	St. Louis Ice Zone	SPT Lesson	9:00 AM	10:00 AM	
6/11/2024	Tues	St. Louis Ice Zone	SPT Lesson	4:20 PM	5:20 PM	
6/13/2024	Thurs	St. Louis Ice Zone	SPT Lesson	* 9:00 AM	10:00 AM	
6/13/2024	Thurs	St. Louis Ice Zone	SPT Lesson	2:50 PM	3:50 PM	
6/18/2024	Tues	St. Louis Ice Zone	SPT Lesson	6:50 AM	7:50 AM *	
6/18/2024	Tues	St. Louis Ice Zone	SPT Lesson	3:10 PM	4:10 PM	
6/19/2024	Wed	St. Louis Ice Zone	SPT Lesson	3:20 PM	4:20 PM *	
6/20/2024	Thurs	St. Louis Ice Zone	SPT Lesson	6:50 AM	7:50 AM *	
6/20/2024	Thurs	St. Louis Ice Zone	SPT Lesson	2:50 PM	3:50 PM	
6/24/2024	Mon	St. Louis Ice Zone	SPT Lesson	3:20 PM	4:20 PM *	
6/25/2024	Tues	St. Louis Ice Zone	SPT Lesson	4:20 PM	5:20 PM	
6/27/2024	Thurs	St. Louis Ice Zone	SPT Lesson	* 9:00 AM	10:00 AM	
6/27/2024	Thurs	St. Louis Ice Zone	SPT Lesson	2:50 PM	3:50 PM	
7/1/2024	Mon	St. Louis Ice Zone	SPT Lesson	3:20 PM	4:20 PM *	
7/2/2024	Tues	St. Louis Ice Zone	SPT Lesson	6:50 AM	7:50 AM *	
7/2/2024	Tues	St. Louis Ice Zone	SPT Lesson	4:20 PM	5:20 PM	
7/9/2024	Tues	St. Louis Ice Zone	SPT Lesson	* 9:00 AM	10:00 AM	
7/9/2024	Tues	St. Louis Ice Zone	SPT Lesson	3:10 PM	4:10 PM	
7/10/2024	Wed	St. Louis Ice Zone	SPT Lesson	3:20 PM	4:20 PM *	
7/11/2024	Thurs	St. Louis Ice Zone	SPT Lesson	4:00 PM	5:00 PM	
7/15/2024	Mon	St. Louis Ice Zone	SPT Lesson	3:20 PM	4:20 PM *	
7/16/2024	Tues	St. Louis Ice Zone	SPT Lesson	3:10 PM	4:10 PM	
7/18/2024	Thurs	St. Louis Ice Zone	SPT Lesson	* 8:50 AM	9:50 AM	
7/18/2024	Thurs	St. Louis Ice Zone	SPT Lesson	4:00 PM	5:00 PM	
7/23/2024	Tues	St. Louis Ice Zone	SPT Lesson	* 9:00 AM	10:00 AM	
7/23/2024	Tues	St. Louis Ice Zone	SPT Lesson	4:20 PM	5:20 PM	
7/24/2024	Wed	St. Louis Ice Zone	SPT Lesson	3:20 PM	4:20 PM *	
7/25/2024	Thurs	St. Louis Ice Zone	SPT Lesson	2:50 PM	3:50 PM	
7/29/2024	Mon	St. Louis Ice Zone	SPT Lesson	3:20 PM	4:20 PM *	
7/30/2024	Tues	St. Louis Ice Zone	SPT Lesson	6:50 AM	7:50 AM *	
7/30/2024	Tues	St. Louis Ice Zone	SPT Lesson	4:20 PM	5:20 PM	
7/31/2024	Wed	St. Louis Ice Zone	SPT Lesson	3:20 PM	4:20 PM *	
8/1/2024	Thurs	St. Louis Ice Zone	SPT Lesson	6:50 AM	7:50 AM *	
8/1/2024	Thurs	St. Louis Ice Zone	SPT Lesson	2:50 PM	3:50 PM	
8/5/2024	Mon	St. Louis Ice Zone	SPT Lesson	3:20 PM	4:20 PM *	
8/6/2024	Tues	St. Louis Ice Zone	SPT Lesson	4:20 PM	5:20 PM	
8/8/2024	Thurs	St. Louis Ice Zone	SPT Lesson	* 9:00 AM	10:00 AM	
8/8/2024	Thurs	St. Louis Ice Zone	SPT Lesson	2:50 PM	3:50 PM	
8/13/2024	Tues	St. Louis Ice Zone	SPT Lesson	6:50 AM	7:50 AM *	
8/13/2024	Tues	St. Louis Ice Zone	SPT Lesson	3:10 PM	4:10 PM	
8/14/2024	Wed	St. Louis Ice Zone	SPT Lesson	3:20 PM	4:20 PM *	
8/15/2024	Thurs	St. Louis Ice Zone	SPT Lesson	6:50 AM	7:50 AM *	
8/15/2024	Thurs	St. Louis Ice Zone	SPT Lesson	4:00 PM	5:00 PM	

Program Description & Pre-Requisites: For AAA, CS, College or Pro

Level Players in need of continuous training during the summer months. Maximize potential through intense, small group, individualized training with a flexible schedule. Program includes multiple hours of ice (60 min. sessions) over the course of 11 weeks in the summer. Participants have multiple hours of ice each week to choose from to create their own flexible schedule (all ice times listed to the left). Participants are to purchase lesson CREDITS/PASSES - 1 Credit = 1 Lesson. Purchase options of 18 Lesson Credits, 14 Lesson Credits, or 10 Lesson Credits. Participants then use their purchased credits to schedule their lessons from the event within the UpperHand enrollment system. **PROGRAM HIGHLIGHTS:** Build confidence by repetitiously executing skill work in real game like situations, develop shot and ability to score in every scoring opportunity found in the game, become stronger on the puck, learn how to protect the puck and win those one-on-one battles. 12 skaters max per session. ALL sessions at Ice Zone. **PREREQUISITE:** must be a previously rostered player on a AAA, CS, College or Pro Level team. Contact our office for questions about eligibility - info@synergyhockeyskills.com

[Purchase Credits HERE](#) [AFTER purchasing Credits, schedule your Lessons/Credits HERE.](#)

ADDITIONAL IMPORTANT PROGRAM DETAILS:

- Sessions fill quickly (only 12 skaters per ice time) so schedule your lessons ASAP!
- SYNERGY reserves the right to cancel ice times with too few skaters scheduled. Should this happen, you WILL be notified via the UpperHand software with an email and a lesson credit added to your account to reschedule for another day/time.
- **You have the ability to CANCEL and RESCHEDULE your lessons up to 5 days prior to the ice time.** All lessons must be scheduled 5+ days out. UpperHand will NOT allow you to schedule (or cancel) less than 5 days in advance - this is for proper scheduling of our staff.
- No-Shows will result in a forfeited lesson and will NOT be refunded, credited or replaced with another lesson.
- Participants/guardian are responsible for their own training schedules - scheduling/cancelling/rescheduling - all thru the UpperHand software - all must be done 5 days prior to lesson.
- Participants not properly scheduled for a lesson, will NOT be allowed on the ice for that particular lesson time. NO EXCEPTIONS!
- Ensure that your email is set to receive emails from the UpperHand system to ensure delivery of any and all updates or notifications.
- **SYNERGY will assume all registered participants to have read and agreed to all the above information, terms and conditions related to how this program and the self-scheduling features work. Again, no refunds, credits, cancellations and no-shows = lesson forfeit.**
- Any and all questions should be directed to info@synergyhockeyskills.com



The asterisks (*) in the schedule to the left are to indicate ice times that coordinate with our Summer Power Skating Program with a 45 min. power skating lessons either directly before or after the SPT Lesson. Discount offered on the Power Skating Program with purchase of 10 or more SPT Lessons. Contact info@synergyhockeyskills.com for discount assistance.

USE THE SCHEDULE TO THE LEFT TO PLAN OUT YOUR SUMMER TRAINING - CHECK THE DAYS/TIMES THAT YOU PLAN TO SCHEDULE ONLINE!