



SYNERGY SKILL ADVANCEMENT TRAINING (SSAT)



DATE	DAY	RINK	LOCATION	PROGRAM	START	END	MY SCHEDULE
6/6/2023	Tuesday	IceZone	Hazelwood, MO	SSAT	9:00 AM	10:00 AM	
6/6/2023	Tuesday	IceZone	Hazelwood, MO	SSAT	4:15 PM	5:15 PM	
6/7/2023	Wednesday	IceZone	Hazelwood, MO	SSAT	3:15 PM	4:15 PM	
6/8/2023	Thursday	IceZone	Hazelwood, MO	SSAT	4:00 PM	5:00 PM	
6/12/2023	Monday	IceZone	Hazelwood, MO	SSAT	3:15 PM	4:15 PM	
6/13/2023	Tuesday	IceZone	Hazelwood, MO	SSAT	3:00 PM	4:00 PM	
6/15/2023	Thursday	IceZone	Hazelwood, MO	SSAT	9:00 AM	10:00 AM	
6/15/2023	Thursday	IceZone	Hazelwood, MO	SSAT	2:45 PM	3:45 PM	
6/20/2023	Tuesday	IceZone	Hazelwood, MO	SSAT	6:45 AM	7:45 AM	
6/20/2023	Tuesday	IceZone	Hazelwood, MO	SSAT	4:15 PM	5:15 PM	
6/21/2023	Wednesday	IceZone	Hazelwood, MO	SSAT	3:15 PM	4:15 PM	
6/22/2023	Thursday	IceZone	Hazelwood, MO	SSAT	6:45 AM	7:45 AM	
6/22/2023	Thursday	IceZone	Hazelwood, MO	SSAT	4:00 PM	5:00 PM	
6/26/2023	Monday	IceZone	Hazelwood, MO	SSAT	3:15 PM	4:15 PM	
6/27/2023	Tuesday	IceZone	Hazelwood, MO	SSAT	3:00 PM	4:00 PM	
6/29/2023	Thursday	IceZone	Hazelwood, MO	SSAT	9:00 AM	10:00 AM	
6/29/2023	Thursday	IceZone	Hazelwood, MO	SSAT	2:45 PM	3:45 PM	
7/13/2023	Thursday	IceZone	Hazelwood, MO	SSAT	3:00 PM	4:00 PM	
7/17/2023	Monday	IceZone	Hazelwood, MO	SSAT	5:30 PM	6:30 PM	
7/18/2023	Tuesday	IceZone	Hazelwood, MO	SSAT	8:50 AM	9:50 AM	
7/18/2023	Tuesday	IceZone	Hazelwood, MO	SSAT	4:15 PM	5:15 PM	
7/19/2023	Wednesday	IceZone	Hazelwood, MO	SSAT	5:30 PM	6:30 PM	
7/20/2023	Thursday	IceZone	Hazelwood, MO	SSAT	2:45 PM	3:45 PM	
7/24/2023	Monday	IceZone	Hazelwood, MO	SSAT	3:15 PM	4:15 PM	
7/25/2023	Tuesday	IceZone	Hazelwood, MO	SSAT	3:00 PM	4:00 PM	
7/26/2023	Wednesday	IceZone	Hazelwood, MO	SSAT	3:15 PM	4:15 PM	
7/27/2023	Thursday	IceZone	Hazelwood, MO	SSAT	9:00 AM	10:00 AM	
7/27/2023	Thursday	IceZone	Hazelwood, MO	SSAT	4:00 PM	5:00 PM	
8/1/2023	Tuesday	IceZone	Hazelwood, MO	SSAT	6:45 AM	7:45 AM	
8/2/2023	Wednesday	IceZone	Hazelwood, MO	SSAT	3:15 PM	4:15 PM	
8/3/2023	Thursday	IceZone	Hazelwood, MO	SSAT	6:45 AM	7:45 AM	
8/3/2023	Thursday	IceZone	Hazelwood, MO	SSAT	2:45 PM	3:45 PM	
8/7/2023	Monday	IceZone	Hazelwood, MO	SSAT	3:15 PM	4:15 PM	
8/15/2023	Tuesday	IceZone	Hazelwood, MO	SSAT	9:00 AM	10:00 AM	
8/16/2023	Wednesday	IceZone	Hazelwood, MO	SSAT	3:15 PM	4:15 PM	
8/17/2023	Thursday	IceZone	Hazelwood, MO	SSAT	2:45 PM	3:45 PM	

SYNERGY SKILL ADVANCEMENT TRAINING (SSAT):
 Created specifically for the A or B level PeeWee, Bantam and Midget aged skaters that are serious about advancing to the next level. This program should be used as a way for dedicated hockey skaters to maintain, correct and improve upon their existing skills, but also advance their skills to higher levels over the course of the summer months. Skaters can expect individual, and position specific training in small groups (averaging a 4:1 skater:coach ratio). Skaters will build confidence by repetitiously executing skill work in real game like situations. Participants have multiple hours of ice each week to choose from to create their own flexible schedule (60 min sessions each). Participants can purchase packages of 10, 14 or 18 lessons upon enrollment. 16 skaters max per session. All sessions at the St. Louis Ice Zone.

PREREQUISITE: rising PeeWee, Bantam or Midget skater. Contact our office for questions about eligibility – info@synergyhockeyskills.com

ADDITIONAL INFO: With only 16 SKATERS MAX per ice time, sessions will fill quickly. SYNERGY reserves the right to cancel ice times with too few skaters scheduled and will move any scheduled skaters to the next nearest lesson time (proper notification will be given should this happen). IT IS HIGHLY ADVISED TO SCHEDULE ALL YOUR LESSONS WITHIN 48 HOURS OF ENROLLMENT. YOU WILL HAVE THE ABILITY TO CANCEL AND RESCHEDULE YOUR ICE TIMES UP TO 5 DAYS PRIOR TO THE ICE TIME BUT YOU MUST ALSO SCHEDULE 5+ DAYS OUT. No-Shows will result in a forfeited lesson and will not be credited, refunded or replaced with another ice time.

****PARTICIPANTS AND OR THEIR GUARDIANS ARE RESPONSIBLE FOR THEIR OWN TRAINING SCHEDULE - THIS MEANS ALL ADDITIONS/CANCELLATIONS ARE TO BE DONE THROUGH THE UPPERHAND SYSTEM WITHIN THE REQUIRED 5 DAY TIME FRAMES MENTIONED ABOVE. PARTICIPANTS WILL NOT BE ALLOWED ON THE ICE FOR ANY SESSION THEY ARE NOT PROPERLY SCHEDULED FOR.** Program pricing can only be maintained when all the above scheduling rules are followed. We will assume all registered participants to have read and agreed to these scheduling rules prior to enrollment.

Understand that there is always the possibility for ice times to change - while this doesn't happen often, we want to be sure ALL registered participants understand the notification process should this happen. Each individual ice time is recorded and scheduled in our enrollment software (UpperHand). Any ice time changes will be adjusted in that system and notifications are sent out from the system to your email on file immediately upon the schedule change. A 2nd email is then sent out from a staff member in our office, also through the UpperHand software, alerting everyone to the change and any subsequent information. Please be sure your email is set to receive emails from support@getupperhand.com as this will be the email that notifications are sent from.

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