

COMBINE 2009

SATURDAY, SEPTEMBER 26TH

ID GYM

2727 N. LINCOLN AVE

Pee - Wee 2/3: 10am - 11am

Bantam 2: 11am - 12pm

Mites: 2pm - 3pm

Squirts: 3pm - 4pm

Bantam 1: 4pm - 5pm

Pee Wee 1: 4pm - 5pm



Combine: To establish the baseline of power, strength, agility, speed and control for the developing Jets hockey player.

The 2009 Chicago Jets Combine will consist of a battery of tests, including:

Dynamic Squat ***Standing Long*** ***Agility T-Test*** ***Hang/Grip Test***
Press Throw ***Jump***

*Additionally, each player will be given a written test

There will be a scheduled reassessment near the end of the 2009-2010 season to compare the gains over the season and to establish an off-season training program.

Jets Families that attend the 2009 Combine will be entered in to win a grand prize that consists of a 1-hour health and fitness assessment and two (2) 1-hour training sessions with Develop The Athlete (this prize can be utilized by player or other family member). Additionally, the Jets team that has the highest percentage of team members participating in the combine will receive a Develop The Athlete t-shirt.

Lastly, this is a JETS family function and we want everyone involved, therefore, every parent who attends the Combine is encouraged to bring their workout gear for Yoga Basics at 10:30am and for a Spinning Class at 4:00pm if they're interested.

Develop The Athlete is now part of ID Gym which just opened earlier this year, and we are offering a One (1) Week Free Trial Membership. We hope the JETS family feels welcome at this new neighborhood fitness facility.

