

COMBINE 2009/2010

SATURDAY, FEBRUARY 27TH

ID GYM

2727 N. LINCOLN AVE

Times: TBD

Combine: To establish the baseline of power, strength, agility, speed and control for the developing Jets hockey player. With the foundation laid in September 2009, the end of season Combine will retest the same tests the players went through in September to see their adaptations over the course of the season.

The 2009/10 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

