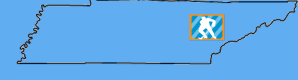


# EAT, SLEEP HOCKEY!



## 2020 COOL SPORTS SPRING HOCKEY PROGRAM GUIDE

### COOL SPORTS ANNOUNCES NEW **MEMBERSHIP PROGRAM** FOR YOUTH HOCKEY PLAYERS! SEE DETAILS AT BOTTOM OF GUIDE

*We are excited to offer a wide range of spring options that will work with every individual skill level and family schedule. Don't have the time or don't want the commitment of our rec leagues twice a week? Check out our clinics, Stick & Pucks and off-ice training options that all have drop-in pricing or pre-registration for overall savings.*

To participate in any of our rec leagues (not including Little Preds) your son or daughter will need a [2019-2020 USA Hockey membership](#) registration as well as a [2019-2020 KAHA membership](#) registration.

Questions? Please email Mike Craigen at [adulthockey@coolsportstn.com](mailto:adulthockey@coolsportstn.com) or simply click the program names below to be redirected to our registration/information links.

Please click on [blue links](#) in left column for registration information or more details.

PROGRAM	COST	DATES	TIMES
<a href="#">Little Preds - Learn to Play</a> Ages 4-9 <b>SOLD OUT!!</b>	\$150	March 8th - April 19th ( <a href="#">Sk8 class schedules</a> )	3:00 - 3:45 PM Sunday
<i>Our flagship program for new hockey players. Ages 4-14, this program includes an 8-week bonus Sk8 class of your choice that begins BEFORE the program, a full set of custom fitted Nashville Predators gear to keep, appearances from Predators alumni, graduation party, jersey and Preds giveaway bag.</i>			
<a href="#">Little Preds - Learn to Play</a> Ages 4-9	\$150	May 31st - July 5th ( <a href="#">Sk8 class schedules</a> )	3:00 - 3:45 PM Sunday
<i>Our flagship program for new hockey players. Ages 4-14, this program includes an 8-week bonus Sk8 class of your choice that begins BEFORE the program, a full set of custom fitted Nashville Predators gear to keep, appearances from Predators alumni, graduation party, jersey and Preds giveaway bag.</i>			
<a href="#">PREDeccesor</a> Ages 4-14	\$125	March 8th - April 12th	2:20 - 3:00 PM Sunday
<i>Continuation program for Little Preds graduates or players aged 4 through 14 who need work on fundamentals before joining one of our rec leagues. Perfect for Little Preds who just need a bit more skating and puckhandling or older players who are still beginners.</i>			
<a href="#">JR PREDS Beginner League</a> Ages 4-9	\$150	March 10th - April 14th	6:40 - 7:30 PM Tuesday

Step 3 for our Learn to Play programming. Players will compete in weekly half-ice games at Cool Sports. Staff will use games to teach fundamentals and basic positioning.

### Intermediate Mite Rec League

**Ages 8 & Under**

**\$225**

March 25th - May 31st

5:40 PM practice - Wednesday  
12:00 PM games - Sunday

Intermediate Mite program for players with **experience levels of less than 2 years** will provide a mix of weekly half-ice games and practices focused on skill based stations. Players will be provided a jersey and socks and play as part of a team all season.

### Advanced Mite Rec League

**Ages 8 & under**

**\$225**

March 25th - May 31st

6:30 PM practice - Wednesday  
1:00 PM games - Sunday

Advanced Mite program for players with **experience levels of more than 2 years** will provide a mix of weekly half-ice games and practices focused on skill based stations. Players will be provided a jersey and socks and play as part of a team all season.

### Squirt Rec League

**Ages 10 & under**

**\$325**

March 23rd - May 30th

6:30 PM practice - Monday  
1:40 or 2:40 pm Games - Saturday

Squirt program will combine weekly full-ice games, station based practices, full team practices, pre-season draft party and more. Jerseys and socks provided. Players will play as a member of a team all season. First year squirt players may be evaluated by the hockey department to play down to their abilities in the mite division.

### Pee Wee / Bantam Rec League

**Ages 11-14**

**\$350**

March 23rd - May 30th

7:30 PM practice - Monday  
3:40 or 4:40 pm Games - Saturday

PW/B program will combine weekly full-ice games, station based practices, full team practices, Players will play as a member of a team all season. This age group may be split into PW & Bantam ages separately based on registration volume and schedule practice times may change as a result.



## ALL YOU CAN PLAY MONTHLY MEMBERSHIPS



### ALL YOU CAN PLAY - April

**All Ages up to 18**

**\$150**

March 16th-April 30th

All scheduled Youth Clinics, Stick & Pucks, Classroom Sessions and Off-Ice Training

Must sign-in and present membership card each session, does not include rec league practices or games. \$50 discount applied in account credit for players already registered in rec leagues. *This plan includes a bonus promotional 2-week period from March 16-March 31st*

### ALL YOU CAN PLAY - May

**All Ages up to 18**

**\$150**

May 1st- May 31st

All scheduled Youth Clinics, Stick & Pucks, Classroom Sessions and Off-Ice Training

Must sign-in and present membership card each session, does not include rec league practices or games. \$50 discount applied in account credit for players already registered in rec leagues.

## CLINICS

### Pump up the Jam

**All Ages**

**\$75**

March 17th - April 7th

7:40 PM  
Tuesday

Aerobic style, up-beat power skating and endurance clinic run by Cool Sports. High energy and bumpin' beats accompany a fast paced skating class.

### 3 on 3 Express

**\$75**

March 18th - April 8th

7:20 PM  
Wednesday

<b>All Ages</b>			
<i>4-week skating clinic focusing on edgework, balance and agility. Can't skate, can't play!</i>			
<b>Ultimate Scorer</b> <b>All Ages</b>	<b>\$75</b>	<b>March 19th-April 9th</b>	<b>7:10 PM Thursday</b>
<i>Shooting clinic run by Cool Sports with special guest instructors each week.</i>			
<b>“Lacrockey” Hockey/Lacrosse</b> <b>All Ages</b>	<b>\$75</b>	<b>April 14th - May 6th</b>	<b>7:40 PM Tuesday</b>
<i>Work on your hand-eye coordination, enjoy the wonderful sport of lacrosse and combine it with the ice in our Hockey-Lacrosse class.</i>			
<b>Speed &amp; Edges Powerskating</b> <b>All Ages</b>	<b>\$75</b>	<b>April 15th - May 7th</b>	<b>7:20 PM Wednesday</b>
<i>Can't Skate, Can't play! This 4-week skating clinic will focus on balance, edges, agility and much more. Join us to improve the most important part of your game.</i>			
<b>3 on 3 Express - spring 2</b> <b>All Ages</b>	<b>\$75</b>	<b>April 16th - May 8th</b>	<b>7:10 PM Thursday</b>
<i>Shooting clinic run by Cool Sports with special guest instructors each week.</i>			
<b>Travel Prep Clinic</b> <b>Squirt</b>	<b>\$75</b>	<b>May 12th - June 2nd</b>	<b>7:40 PM Tuesday</b>
<i>With travel tryouts schedule for the first weekend in June, this clinic will be a final tune-up before the big weekend. 20-21 KAHA travel coaches will be on the ice to run drills and work with players.</i>			
<b>Travel Prep Clinic</b> <b>PW/B</b>	<b>\$75</b>	<b>May 13th - June 3rd</b>	<b>7:20 PM Wednesday</b>
<i>With travel tryouts schedule for the first weekend in June, this clinic will be a final tune-up before the big weekend. 20-21 KAHA travel coaches will be on the ice to run drills and work with players.</i>			
<b>Travel Prep Clinic</b> <b>U16/U18</b>	<b>\$75</b>	<b>May 14th - June 4th</b>	<b>7:10 PM Thursday</b>
<i>With travel tryouts schedule for the first weekend in June, this clinic will be a final tune-up before the big weekend. 20-21 KAHA travel coaches will be on the ice to run drills and work with players.</i>			

## OFF-ICE STRENGTH & CONDITIONING

<b>SPEED &amp; CORE POWER CLASS</b> <b>SQUIRT &amp; UP</b>	<b>\$50</b>	<b>March 18th - April 8th</b>	<b>5:30 PM Wednesday</b>
<i>Join UT athletics trainer Hannah Menge for our hockey specific training circuit training class combining plyometrics, core training, shooting lanes and more. A total body workout for athletes. Drop in for just \$15 or register online to save money in advance.</i>			

## CLASSROOM SESSIONS

<b>MENTAL EDGE - SPORTS PSYCH</b> <b>ALL AGES Members Only</b>	<b>\$0</b>	<b>March 18th - April 8th</b>	<b>5:30 PM Wednesday</b>
<i>Hockey's mental side with Hannah Menge. Train your brain and understand what it takes to compete.</i>			
<b>CHALK TALK - HOCKEY SENSE</b>	<b>\$0</b>	<b>March 18th - April 8th</b>	<b>6:15 PM</b>

→ Multiple player discounts for families are available for rec leagues.

Please contact hockey department for more information at

[adulthockey@coolsportstn.com](mailto:adulthockey@coolsportstn.com)