



# Workshop Series: Hockey Performance Intensive

Developing the  
Next Generation  
of Athletes



## Nutrition, Training, Recovery & Performance

Elevate your hockey team's performance with our seminar series built for developing athletes. Learn how proper fueling, strength training, recovery, and sleep directly impact endurance, power, and resilience on the ice. Give your players the tools to perform at their best - game after game, season after season.



### Expert Led

Learn directly from Tim Walsh, trusted coach in athlete performance.



### Hockey Specific

Information is sport-specific and essential for maximizing on-ice performance.



### Immediately Actionable

Practical and actionable: athletes leave with knowledge they can implement.



Give your team the leading edge!  
[vanillagorillacrew@gmail.com](mailto:vanillagorillacrew@gmail.com)

BOOK NOW!



# Hockey Performance Intensive

Developing the Next Generation of Athletes



## Workshop Details

**Audience:** Youth hockey teams who want a competitive advantage

**Duration:** ½ Day (4.5 hours) **Investment:** Contact for more information

**Description:** A half-day, expert-led workshop designed to give youth hockey players a competitive edge. Covering nutrition, recovery, and training fundamentals, this intensive blends science-backed strategies with practical tools to build stronger, faster, and more resilient athletes.

### Session 1: Nutrition & Recovery

2 hours

Learn how proper fueling, hydration, and recovery strategies directly impact on-ice performance. This session breaks down the essentials of energy balance, macronutrients, hydration, and sleep to help athletes perform at their best and recover faster.

#### What's Included:

- Nutrition's role in performance & recovery
- Macronutrients explained
- Hydration strategies for training & games
- The importance of sleep & recovery
- Sample pre- and post-game meals

### Session 2: Training Fundamentals

2 hours

A hands-on dive into strength training and performance principles tailored to hockey. Athletes will learn how to train smarter, move with control, minimize injury risk, and build a foundation of strength, speed, and power that translates directly to success on the ice.

#### What's Included:

- Warm-up vs. work sets with purpose
- Mind-muscle connection in every rep
- Progressive overload for steady gains
- Max effort sets used strategically
- Control & technique for quality lifts

### Q&A and Discussion

Actively facilitated to spark engagement, with Tim Walsh guiding discussion to deliver practical insights players can apply on and off the ice.

### Practical Demos

Where a gym is available, the workshop includes live demonstrations and hands-on coaching to bring training concepts to life and reinforce proper technique.

**Help your players fuel, train, and recover smarter.**

Reserve your session to unlock game-changing performance.

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