



COMPLETE DEVELOPMENT PROGRAM

At the Elite Performance & Injury Centre (EPIC), we've built the ultimate all-inclusive training program designed to develop, elevate, and sustain high-performance athletes at every level. We've assembled a world-class team – leaders in their fields – paired with cutting-edge equipment and exclusive industry partnerships to give you every competitive edge. Your success isn't just our goal – it's our standard.

This Complete Development Program is geared towards 2009 and older hockey players competing at the AAA, Prep, Jr, OHL or NCAA levels.

OUR 2025 EPIC SUMMER PROGRAM INCLUDES:

- Daily (Mon-Fri) speed, strength & conditioning workouts
- On-Ice training tailored to your skill development needs
- A high-energy, competitive & family-like culture that encourages you to work harder, train smarter and level up in an environment designed for champions
- EPIC t-shirt and jersey

YOU ALSO RECEIVE FULL ACCESS TO OUR WORLD-CLASS TEAM:



Dr. Chris Chant
Orthopaedic Sports &
Trauma Surgeon for expert
medical guidance



Doug Stacey
Renowned Physiotherapist
ensuring optimal movement
and recovery



Trevor Williamson
Director of Strength &
Conditioning, leading
cutting-edge training with
his elite coaching team



Mark Voakes
NHL Player Development
Coach specializing in
elite on-ice skating &
skill mastery

WHY EPIC?

✓ One-Stop Shop for Elite Performance & Recovery

We provide everything you need to train, recover and dominate. Just show up ready to work! Our coaches live for this. They're incredibly passionate about high performance and love sharing their expertise.

✓ Top-Tier Speed, Strength & Conditioning

Our training is designed for elite-level results, with athletes consistently ranking in the top percentile at combine testing and excelling throughout their seasons. Every program is built with precision and intent, incorporating proper periodization, strategic progressions, advanced techniques, utilizing tempos, movement intent and focused execution — all backed by the expertise of NHL strength and conditioning coaches.

✓ Professional-Level Recovery

Access to Coldtore cold tubs, Normatec compression therapy (all three attachments: legs, hips, upper body sleeves), the Game Ready system, massage guns and advanced soft tissue tools for daily recovery.

✓ Advanced Sports Nutrition & Hydration

Stay fuelled with access to hydration solutions, high-performance protein, clean energy and healthy meals on site. New partnerships include CWENCH Hydration, Spoken Nutrition, Eat Healthy Eats and more.

✓ Cutting-Edge Training Facility

Enjoy our brand-new facility (with state-of-the-art new turf) and training equipment options including VBT (Velocity Based Training), heart rate monitors and other training technology. Soak up EPIC's elite vibes and competitive atmosphere where athletes push each other to be their absolute best.



2025 FEES

\$60.00 per ice session

\$30.00 per workout

THE ULTIMATE PACKAGE ADD ON **EPIC Recovery: CWENCH Hydration**

Set yourself up for success with the ultimate recovery package. You'll receive your CWENCH Hydration mix (1-2 servings/day) and Spoken Protein (1-2 servings/day) to add to your recovery routine for your best summer yet.

Fee: \$72.50/month

PAYMENT

\$500 deposit required to reserve your spot. You'll be Invoiced at the end of each month for the number of sessions you attended (both on and off the ice) and any add-ons you've subscribed to.

Email deposits to: finance@epicsportscentre.ca

**Join the EPIC family – THE destination for high-performance athletes.
This is where the best come to get better.**

ARE YOU READY?





MAKE YOUR TRAINING EPIC

Questions? Contact Trevor Williamson
trevor@epicsportstraining.ca
519-852-4198



Frequently Asked Questions

Workout Times

- Your workout time will be the same time every day unless your skate interferes with it. On skate days, you will workout either before or after the skate (based on ice availability/schedule).
- You can request a specific workout time but it is not promised as we begin with NHL/AHL/Pros in the morning and usually progress down in age throughout the day.
- Numbers in the gym will be capped per hour so that each athlete receives the maximum amount of attention.

Skate Groups

- Skate groups are set by Mark Voakes. You can follow up with him directly for numbers on the ice and your skate time once committed.

Accommodation

- You may occasionally be permitted to adjust your designated workout time to accommodate your busy schedule.
- We will have staff to accommodate those who work all day and need late afternoon/early evening workouts. Please reach out to begin those conversations so that we can prepare on our end.

