



Hockey Training Systems

We at the El Paso Rhinos Training Center have developed a system that will improve forwards, defensemen and goaltenders overall skating, skills, strength and conditioning. Look no further. You will see improvements in your game quicker than you have ever experienced while training within our system.

"The EDGE" Skating Treadmill

"The EDGE" is the leader of its class. This state of the art machine is the best skating treadmill in the world. The skating surface is 7 ft wide by 6 ft long. The surface is a UHMW (Ultra High Molecular Weighted) Plastic. We coat this surface with a silicone that is easy on the skates and feels just like ice. With the proper instruction you can create positive muscle memory ingraining strong technique that will stay with you forever. The force of the UHMW moving toward our skaters will make it difficult to skate on at first. You can compare this feeling to swimming against a current, once the body builds enough strength and it gains more comfort on the EDGE is when we take our players to a whole new level of speed and explosive power. Shooting and stickhandling while skating on the EDGE is the ultimate challenge. The EDGE will not allow skaters to stop their feet while passing, shooting or performing the many puck handling moves that we will be challenging our players with. This is the most leading edge piece of technology in the skating treadmill world today. We personally guarantee that any player that trains within our system will gain more improvement in their game than they have ever experienced!

TOUCHEYE™ Video Analysis System

The Next Generation of Motion Analysis has arrived. Now you can have immediate video response at your fingertips *DURING* your training sessions. The ideal Training Cycle can now be achieved thanks to the TOUCHEYE™ system. The days of having to leave the practice area to go analyze your video on a computer in the office or wait to review the video until the next day or next week are over. With TOUCHEYE™, everything takes place in real-time just a few feet away on a huge 23-inch touch screen system that works just like an "iPhone". Simple drag and drop fingertip controls make it easy to use for everyone. Get the edge on your competition today.

All members will be given a skate analysis after each session on the "Edge" skating treadmill. The "Edge" skating treadmill is also equipped with laser stride analysis modules which helps the skater correct his/her stride as they are skating. Each member of the El Paso Rhinos Training Center will have a personal web link which they can review their skating session and training log. DVD's can also be given to the player upon request.

Hockey Specific Gym

Our hockey specific gym has all the equipment and tools for you to become a better all around player. Hockey players train different than any other athlete; hockey is an anaerobic sport which depends on speed, quickness, explosive power, hand eye coordination, and core strength. Our hockey specific gym integrates the following:

- Anaerobic power and capacity
- Multi directional lactate intervals
- Movement-specific strength
- Explosive multi joint power
- Rotary power with sequential firing and weight transfer
- Dynamic balance
- Speed
- Quickness
- Agility
- Stopping ability and multi-directional movement
- Movement skills
- Reaction abilities - movement and hand-eye
- Sensory overload
- Individual tactics

Players that work hard and take advantage of our hockey specific gym programs will see huge improvements on the ice.

“The Pond” Synthetic Ice Rink

Our 950 square foot synthetic ice rink called “The Pond” is the ultimate tool for shooting and stickhandling. With three snipers edge shooting tarps with actual goalies and targets to shoot at players have the opportunity to improve their shoot in all situations.

With four passing machines players don't need a partner or coach to practice passing or one timers.

From sweet hands to stickhandling balls we have all the tools to improve your “sweet hands” and your puck handling skills.

The “Pond” is also utilized for training goaltenders.

“The Rhino” Lounge

Players and coaches can take advantage of “The Rhino” lounge. Equipped with a big screen HD tv, DirecTV with the NHL hockey package, and comfortable couches. Players can hang out after a tough workout or parents can relax while waiting for their son or daughter.

“The Library” Homework/Lunch Room

If players arrive early or have to stay after their work out waiting to get picked up, they can take advantage of our homework/lunch room. Equipped with wireless internet, tables and chairs players can bring their homework to make sure the most important thing in a hockey player's life can be taken care of.

Campers now have a specific place to eat during a day camp or summer camp.

The homework/lunch room is equipped with a big screen TV, to review skating analysis videos.

The El Paso Rhinos Training Center is also equipped with showers, so after a good workout players can take advantage of washing away that hockey smell.

Below is more information on memberships and the different programs the El Paso Rhinos Training Center offers.

For more information and pricing please email:

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Memberships

Monthly Membership

- Bronze – 1X per week
- Silver – 2X per week
- Gold – 3X per week

6 Month Membership

- Bronze – 1X per week
- Silver – 2X per week
- Gold – 3X per week
- Platinum – 3X per week – all programs are free with Platinum membership

Yearly

- Bronze – 1X per week
- Silver – 2X per week
- Gold – 3X per week
- Platinum – 3X per week – all programs are free with Platinum membership

Discounts

- Rhino Travel team members receive 10% off all memberships and programs
- Rhino Season Ticket holders receive 10% off all memberships
- Families with multiple players ask us about our family discounts

Membership Information

- All memberships include the use of the gym area and the synthetic ice shooting/stickhandling area.
- All sessions are trained by an EPRTC staff member; sessions are set up in block time slots.
- All sessions are 1 – 2 hours in length which includes – training on the skating treadmill with stride analysis, quick feet and plyometrics training, stickhandling and shooting training
- Members can use facility free of charge when open except for the skating treadmill.
- All members will receive their own online link to view their training sessions and progress.



EL PASO RHINOS TRAINING CENTER

Programs

6 Week Course

- 3X per week for six weeks

Day Camps

- One day camp
- Campers arrive in morning and leave late afternoon, days and times TBA

Christmas Camp

- Three day camp
- Campers arrive in morning and leave late afternoon, days and times TBA

Summer Camp

- Week camps (5 days)
- Two different camps to choose from – half day or full day

Boot Camp

- 5X per week
- Usually scheduled before the start of the season

Learn to Skate Course

- Skating treadmill sessions with stride analysis
- 6 week course
- Three different programs - 1X/week, 2X week, & 3X week

Shooting and Stickhandling Course

- Sessions are all on synthetic ice sheet
- 6 week course
- Three different programs - 1X/week, 2X week, & 3X week

Discounts

- **Platinum Members receive all above programs FREE.**
- Rhino Travel team members receive 10% off all memberships and programs
- Rhino Season Ticket holders receive 10% off all memberships
- Families with multiple players ask us about our family discounts

Program Information

- All programs include the use of the gym area and the synthetic ice shooting/stickhandling area – except for Learn to Skate Course and Shooting and Stickhandling Course.
- All sessions are trained by an EPRTC staff member; sessions are set up in block time slots.
- All sessions are 1 – 1.5 hours in length which includes – training on the skating treadmill with stride analysis, quick feet and plyometrics training, stickhandling and shooting training
- Program members can use facility free of charge when open except for the skating treadmill.
- All members will receive their own web page to view their training sessions and progress.