

Pacific Titans Off-Ice Training Program powered by Revolution Athletics



**Head Strength and Conditioning Coach:
Jake Harcoff BHK, CSCS.**

Jake is the head strength and conditioning coach at Revolution Athletics. He holds a bachelor's degree in human kinetics from Trinity Western University and is a NSCA certified Strength and Conditioning Coach as well as a certified kinesiologist. As a strength coach, Jake has helped amateur, junior (PJHL, BCHL, WHL), collegiate (CIS, NCAA), and professional (ECHL, European, AHL, NHL) hockey players increase their size, speed and power while helping to prevent injuries. A former high level hockey player himself, Jake not only knows what it takes to positively impact hockey player's games through strength and conditioning, he also understands the mental side of the game that players experience on a day-to-day basis as high-level athletes. Throughout his hockey career, Jake played five years of junior hockey, as well as four years of collegiate hockey.

1-on-1, 2-on-1, and Small Group Training.

Develop the fundamental strength, power and speed required by top performing hockey players all while minimizing the risk of potential injury stemming from improper movement patterns and mobility deficits.

- Initial and periodic movement and performance assessments.
- Personalized training program, congruent with current season of play.
- Correction of unilateral and bilateral asymmetries.
- Reduction of injury risk.
- Introduction and development of sport specific movement patterns.
- Development of foot to core strength and stability.
- Increased force production from legs.
- Improved body composition, self-esteem and confidence.
- Gain mental toughness and the ability to transfer it to the ice.

Past Clients and Current Athletes

Brad Thiessen – Cleveland Monsters (AHL)

Cam Abney – Oklahoma City Barons (AHL)

Mike Aviani – Rochester Americans (AHL)

Austin Madaisky – Straubing Tigers (DEL)

Kevin Killistoff – Dartmouth (NCAA)

Jake Reichert – Bowling Green (NCAA)

Luka Burzan – Moosejaw Warriors (WHL)

Luke Zazula – Kamloops Blazers (WHL)

Spencer Gerth – Victoria Royals (WHL)

Brendan Budy – Langley Rivermen (BCHL)

Training Rates

1-on-1 Training

- 8 session - \$540 + gst (\$65/session)
- 12 session - \$720 + gst (\$60/session)
- 20 session - \$1100 + gst (\$55/session)

Semi-Private Training (2 Players)

- \$80/session + gst (min 8 sessions)
 - \$40/player

Small Group Training (3-4 Players)

- \$90-\$120/session + gst (min 8 sessions)
 - \$30/player

Team Training

Essential training administered in the team setting with a major emphasis placed on conditioning, mobility, proper movement mechanics, core training and team cohesiveness.

- Initial performance assessment.
- Periodized training program, congruent with time of season.
- Introduction of fundamental movement patterns for the hockey athlete.
- Improved conditioning.
- Development and enhancement of core strength.
- Foster team cohesiveness.

Team Training Rates

In-season training for teams of 8-18 players (1x and 2x /week)

- September - Christmas Break (10x1.5hr sessions) - \$2750
 - \$275/session for team of 18 players.
- January – Playoffs (10x1.5hr sessions) - \$2750
 - \$275/session for team of 18 players.