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2021 Eastview Lightning Spring Weight Training Program

**EVHS Boys Hockey:** 10 Week Spring Training - April 5th - June 11th

**Mondays:** 2:00-3:00 PM **Wednesdays:** 2:00-3:00 PM **Fridays:** 2:00-3:00 PM

**April: 5, 7. 9, 12, 14, 16, 19, 21, 23, 26, 28, 30**

**May: 3, 5, 7, 10, 12, 14, 17, 19, 21, 24, 26, 28**

**June: 2, 4, 7, 9, 11**

**Location:** C4 Fitness - 5708 Upper 147th St W # 103, Apple Valley, MN 55124

**Trainer:** Jake Del Pino

Jake has been a Certified Personal Trainer for 17 years, and he has loved every minute of it! He started training at C4 Fitness after having been the Head Trainer at another nearby gym. In addition, he also assisted in starting a family owned gym in Red Wing, MN. Jake is the Student Support Specialist, the head weight room Coordinator, and a varsity football coach at a local high school. He also trains a variety of clientele at Union Fitness in Eagan, Hope Field house in Rosemount, and Fit Club for Women in St. Louis Park. Jake is educated in the field of nutrition, has a vast amount of experience with supplements, and a well-informed lifestyle approach to healthy living.

When Jake is not training, he loves spending time with his kids and educating himself to continue growing in his expertise. He is also active within his church and makes time to motivational speak in his local community.

Favorite quote: “*Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived*.” --Dalai Lama

**Training Focus:** The goal of this program to enhance on-ice performance, building speed, quickness, explosiveness, all while teaching proper techniques, nutrition, hydration and what it takes to perform at the highest level. We will continue to build self-confidence in all players and the culture of hard work and determination in the Eastview Hockey Program.

**How To Sign-Up:** Send an email or text to Coach Fulton letting him know your child is participating in our training program and please make payment by the options below to Coach Del Pino, if you have questions please contact Coach Fulton.

**Cost: $475/Per Player (29 Sessions) \*Also includes Space Rental**

**Payment Options: Check (Payable to Jake Del Pino), Cash, Venmo, & Zelle**

**Venmo: (**@Jacob-DelPinoII**)**

**Zelle: (**JACOB F DELPINO II**)**