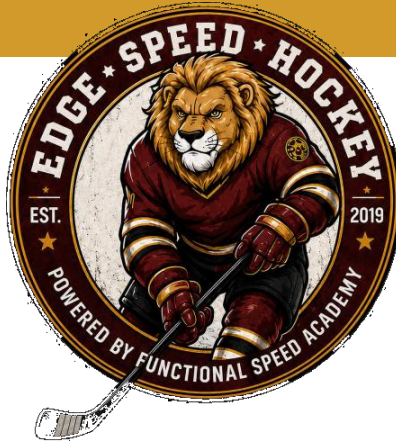




Year-Round Hockey Athletic Development

Powered by Functional Speed Academy LLC

Build the human first. Then the athlete. Then the hockey player.

THE PROMISE TO FAMILIES

Parents are not simply choosing another workout. They are choosing an environment, a coach, and a standard. Edge Speed Hockey was built to be a place where hockey athletes are known, challenged, coached deeply, and proud of the person they are becoming.

Why Edge Speed Hockey Exists

My boys brought our family into roller hockey, and we fell in love with the sport. As their dad, I wanted to give them every opportunity to grow. As a performance coach with more than a decade of experience developing athletes, I knew hockey players needed more than random workouts and more than hockey skills alone.

Edge Speed Hockey is the complete athletic development system I wanted for my own boys. The program develops speed, strength, power, mobility, conditioning, movement intelligence, mental performance, confidence, and ownership. The deeper purpose is to help each athlete become more capable on the rink, in the gym, and in life.

THE STANDARD

This is not hockey skills training. This is the work underneath the game. Every Edge group operates as a complete 16-week / four-month development block. No trials. No drop-ins. No month-to-month enrollment.

The Work Behind the Game

A COMPLETE PERFORMANCE SYSTEM

Speed, acceleration, power, strength, agility, mobility, conditioning, recovery, and movement quality are developed together.

SMALL GROUPS BY DESIGN

Four to six athletes per group. No crowded lines. Every athlete receives coaching, feedback, accountability, and a clear role.

MENTAL PERFORMANCE IS TRAINED

Intent, process, ownership, confidence under pressure, commitment, response, focus, and the three mindsets are coached on purpose.

SELF-COACHING IS THE GOAL

Athletes learn to understand a task, use feedback, track progress, support a partner, and train with greater independence.

TESTING CREATES DIRECTION

Baseline data and four-week checkpoints reveal prerequisites, guide programming, and help athletes recognize real progress.

MENTORSHIP BEYOND THE WORKOUT

The environment develops work ethic, communication, teamwork, resilience, leadership, and the ability to respond when things get difficult.

What Athletes Develop

SPEED + ACCELERATION

Projection, posture, first-step quickness, reacceleration, sprint mechanics, and attacking space.

STRENGTH + POWER

Safe loading, force creation, rotational power, partner work, tracking numbers, and a durable athletic base.

4D SPEED + AGILITY

Acceleration, deceleration, change of direction, perception, space, time, reaction, X-Vision, and real-time problem solving.

MOBILITY + DURABILITY

CARs, joint ownership, body awareness, breathing, recovery habits, landing quality, and prerequisites that support performance.

CONDITIONING + RECOVERY

Repeated-effort capacity, pacing, breathing control, work capacity, and recovery between shifts, practices, and games.

MENTAL PERFORMANCE

Intent, process, commitment, growth, confidence, scouting reports, response, focus, and competitive mindset.

Simple Structure. High-Level Coaching.

The 90-Minute Session Flow

BLOCK	FOCUS	PURPOSE
0	Pre-session arrival	Arrive 10-15 minutes early, begin self warm-up, complete CARs, organize the training folder, and prepare to train.
1	Coaching lesson + warm-up	Short W.O.W. mental-performance lesson or movement lesson followed by a coached athletic warm-up.
2	Speed + power	30 minutes of acceleration, 4D speed, agility, reaction, perception, jumping, medicine-ball work, and explosive movement.
3	Strength development	30 minutes of age-appropriate lifting, movement patterns, partner work, safe spotting, tracking, and progressive strength.
4	Conditioning + recovery	Final 10 minutes for conditioning, pacing, recovery, breathing, or a short performance finisher.

FLOW FIRST

Speed and strength receive equal priority. Conditioning stays short and purposeful. No block is allowed to steal time from the next one.

The 16-Week Development Block

PHASE	WEEKS	PRIMARY JOB
1 - Foundation	1-4	Establish standards, baseline, movement prerequisites, speed mechanics, strength technique, mobility, and ownership.
2 - Build	5-8	Develop acceleration, deceleration, change of direction, strength, power, workload, consistency, and commitment.
3 - Transfer	9-12	Add 4D speed, reaction, perception, X-Vision, open movement, hockey space/time problems, and adaptability.
4 - Integrate	13-16	Combine the system under pressure, fatigue, competition, self-coaching, leadership, retesting, and next-block planning.

Program Details + Enrollment

PROGRAM	Year-round hockey athletic development + mentorship
BLOCK	Every enrollment is one complete 16-week / four-month development block
GROUP SIZE	4-6 athletes
SESSION	90 minutes, plus 10-15 minute early arrival / self warm-up
SCHEDULE	Team-friendly group scheduling built around compatible hockey calendars whenever possible
1X / WEEK TUITION	\$960 total per athlete for the 16-week block Pay in full or 4 payments of \$240 per athlete
2X / WEEK TUITION	\$1,760 total per athlete for the 16-week block Pay in full or 4 payments of \$440 per athlete
PAYMENT STANDARD	Monthly installments divide the tuition. They do not create month-to-month enrollment.
ENTRY	Required orientation + placement. No trials or drop-ins.
CONTINUATION	Athletes may continue into future 16-week blocks. Each new block starts from updated testing and current development needs.
LOCATION	ICON Fitness Studio 38397 Innovation Ct, Suite 104 Murrieta, CA 92563

TEAM-FRIENDLY, DEVELOPMENT-FIRST

Edge is designed to complement the athlete's hockey program, not compete with it. Groups are formed around compatible practice, game, and tournament calendars when possible while preserving the consistency required to complete the full 16-week block.

WHY CONTINUING GETS BETTER

The structure stays recognizable, but the athlete should not stay the same. New blocks begin from updated testing and progress the athlete with more advanced loading, speed, reaction, perception, decision-making, conditioning, and self-coaching.

Coach Henry Aviles | Functional Speed Academy LLC

functionalspeedacademy@gmail.com | (951) 347-4090 | www.functionalspeedacademy.com