



Hockey Combine

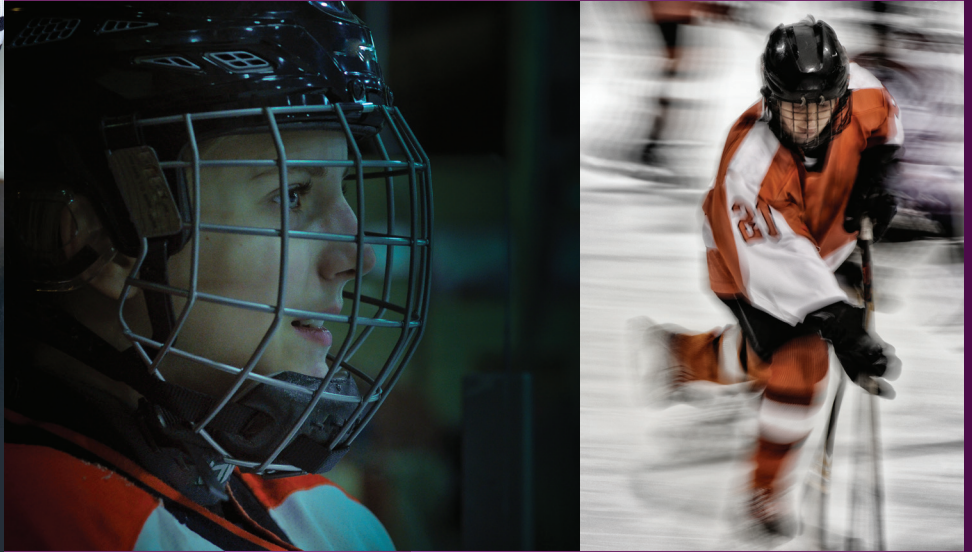
Presented by UPMC Centers
for Rehab Services

Saturday, September 26, 2020
11 a.m. to 3 p.m.

Erie Bank Sports Park
8159 Oliver Road
Erie, PA 16509

Ages 7 and up

FREE ADMISSION



Educational Sessions for Athletes, Parents, and Coaches

- **Brian Ramm**, Owner of the USPHL Lake Erie Bighorns® and Director of Hockey at Erie Sports Bank
 - > Excelling at the next level
- **Dr. Frank Foti, II**, UPMC Physician and Erie Otters® Physician
 - > Managing sports-related injuries and returning to sports
- **Tyler Travis, M.A., CSCS, EP-C, USAW1**, Strength and Conditioning Coach for Mercyhurst University Men's and Women's Hockey
 - > Speed and strength development, conditioning capacity, warm-up strategies, and long term athletic development
- **Kim Eccles**, Registered Dietitian, UPMC
 - > How to properly fuel your body; what and when to eat

On-Ice Skills Assessments

- Coaches and Representatives of the Erie Otters® and/or Lake Erie Bighorns®
- UPMC Centers for Rehab Services Physical Therapists

Space is Limited.

Register by September 5, 2020.

Visit UPMC.com/ErieHockeyCombine to reserve your spot at this free combine, or call Andrea Diniaco at **814-413-1832**. A confirmation letter and participation waiver will be emailed to you upon successful registration.