The Dallas Stars Elite are excited to announce our first ever Hockey Combine. DSE Director of Athlete Development, Nate Henry and his staff will be running the combine

We are always working to help players be the best they can be and are excited about what this event can do for players. Here is some more information

Are you ready to elevate your game to the next level? Our comprehensive hockey combine testing program is designed to provide you with the insights and data you need to optimize your training, enhance your performance, and achieve your hockey goals.

Why Hockey Combine Testing Matters:

In today's competitive hockey landscape, understanding your strengths and weaknesses is crucial. Our testing protocol provides invaluable data for:

- **Creating Baseline Profiles:** Establish a benchmark of your current abilities to track progress and identify areas for improvement.
- **Comparing Elite to Sub-Elite:** See how you stack up against the best and understand the performance gaps you need to close.
- **Monitoring Training Efficacy:** Evaluate the effectiveness of your training programs and make data-driven adjustments.
- **Assessing Player Readiness:** Determine your physical and technical readiness for games and practices, minimizing the risk of injury.

- **Talent Identification and Recruitment:** Showcase your skills and potential to scouts and recruiters with objective performance data.

On-Ice Testing: Evaluating Your Hockey Skills

30m Sprint Forward and Backwards: Assesses speed and agility both moving forward and backward, crucial for puck retrieval and defensive transitions.

Figure 8 (With and Without Puck): Measures skating agility, edge control, and puck-handling skills.

Sharp Turn Agility: Evaluates the ability to execute quick, tight turns, essential for evasive maneuvers and puck protection.

Slap Shot Test: Measures the velocity and accuracy of slap shots, a key offensive weapon.

Wrist/Snap Shot Test: Assesses the speed and precision of wrist and snap shots, vital for scoring in tight spaces.

Backhand Shot Test: Evaluates the strength and accuracy of backhand shots, providing insight into offensive versatility.

Off-Ice Testing: Measuring Athletic Performance

Anthropometry Test: Measures height, weight, wingspan, and body composition to provide a comprehensive physical profile.

Grip Strength Test: Assesses hand and forearm strength, important for puck control and physical battles.

Vertical/CMJ and Broad Jump Test: Measures explosive lower body power, critical for skating acceleration and jumping ability.

10 Yard Sprint Test: Evaluates acceleration and initial burst speed over a short distance.

Pro Agility (5-10-5) Test: Measures lateral agility and change-of-direction speed, essential for defensive positioning and offensive maneuvering.

ISO Belt Squat Test: Assesses lower body strength and power endurance.

Max Pull-up Test: Measures upper body strength and endurance, important for physical play and injury prevention.

60-Second Bike Sprint Test: Evaluates anaerobic power and endurance, critical for maintaining high-intensity performance throughout a shift.

From Data to Domination: Your Personal Path to Results

Our commitment extends beyond testing. We provide you with the tools and knowledge to transform your data into tangible on-ice improvements.

Here's what you'll receive:
Comprehensive Testing Profile: A detailed report of your individual test results, highlighting strengths and areas for improvement.
Personalized 8-Month Training Program: A customized training plan designed to address your specific needs and maximize your athletic potential. This program will include:
Detailed workout routines
Nutritional guidance
Progress tracking tools
Our team of expert strength and conditioning coaches will work with you every step of the way to ensure you're on the path to success.

Combine Day Breakdown

- Please arrive early with enough time to be fully dressed and on the ice, ready to go at 4pm sharp.
- On-ice testing will run 90 minutes.
- Athletes will have 15 minutes to get out of their hockey gear and be ready for off ice testing with proper training shoes and clothing. (please bring your own water bottle).
- Off-ice testing will run and hour and fifteen minutes with warm-up and cool-down included.
- To wrap things up we will have a 30 minute nutritional and educational seminar covering the basics of how to fuel for success, recovery techniques, and how a training program should look for the off season of a hockey player.

We are hosting the combine on two separate dates:

Monday, June 23rd at 4-7:30pm **(Birth Years 2014-2011)**

Wednesday, June 25th at 4-7:30pm **(Birth Years 2010-2007)**

Cost-$390

Click Here to Register

https://dsehc.sportngin.com/register/form/369088536

We have a cap of 30 athletes per group so please register soon to secure your spot!