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## WHY YOU SHOULD TRAIN WITH RODNEY MILLETTE



A life long hockey prodigy, Rodney has excelled at transferring his vast knowledge and experience to his athletes, whether they compete at the youth, high school, juniors, college or professional levels.

After leading Woonsocket, RI high school to a State Championship (and earning Player of the Year Honors) in 1992, Rodney leveraged an athletic scholarship offer into an impressive professional ice hockey and inline hockey career, spending time in the WPHL and UHL and capturing both US and World Championships in Pro Inline's MLRH and PIHA.

The success stories from elite athletes found in this brochure are a small testament to Rodney's impact in today's highly competitive hockey environment. With off ice training rapidly becoming **the** deciding factor between good players and great players, Rodney's passion for training has made him one of New England's premier player development specialists.

If you're ready to take your game to the next level, then Rodney Millette's Top Shelf Off Ice Summer Program is the answer to your hockey training questions.

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## WHAT TOP PLAYERS ARE SAYING ABOUT RODNEY MILLETTE'S OFF ICE TRAINING TECHNIQUES:

" Having played at all the highest levels and having had the opportunity to play alongside some of the best players in the world, I can honestly say that, in reference to your training, it's what you do in the off season that determines what you do in the upcoming season.

Rodney's methods and philosophies have helped me to attack my past two seasons feeling better physically and mentally than I have in years past."

**Chris Bourque - NHL, Washington Capitals**

"Rodney is excellent in player development . He is very knowledgeable in strength and conditioning regarding the game. He is a very effective motivator and cares about his players' development. Working with him has helped me to play at higher levels."

**Peter DeAngelo - EJHL, N.H. Jr. Monarchs / Committed UMass Amherst**

"Off - Ice Training has not only improved my overall game, but has enabled me to become more confident on the ice.

Rodney's knowledge of the game and his approach to off ice training is a great blend that will only help players."

**Cory Quirk - AHL, Worcester Sharks**

**For more information on Rodney Millette's Top Shelf Off Ice Summer Training, contact Rodney at:**

Phone: (401) - 588—9230

Email: RM1441@cox.net

## DISCOVER THE OFF ICE TRAINING SECRETS PROVEN TO DEVELOP WORLD CLASS HOCKEY PLAYERS

Who else wants to outclass the competition and earn more ice time this season?



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**Chris Bourque - Washington Capitals**

## JOIN RODNEY MILLETTE'S TOP SHELF OFF ICE SUMMER TRAINING PROGRAM

June 28, 2010 - September 2, 2010

June Rockwell Levy Community Ice Rink  
425 East Avenue  
Harrisville, RI 02830

**Contact Rodney Millette for more information:**  
(401) 588 - 9230  
RM1441@cox.net

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