

Attention Athletes

- Learn how to build speed, power, and strength efficiently
- Learn how to engage and build proper core muscles specific to sport
- Identify personal weaknesses, muscular imbalances, postural and flexibility issues or potential injuries through a per participation athletic assessment
- Set your personal goals to become a better athlete
- Learn the Fundamentals of proper off- season conditioning

This program is specifically designed and instructed by a certified and licensed athletic trainer, who is specifically trained in sports development for specific age groups, injury prevention and biomechanics of acceleration, jump mechanics and specific sport development .

WHO High School Athletes (Ages 15-19)
Middle School Athletes (Ages 11-14)

WHEN Monday & Wednesdays 8:00am-9:15am Ages 15-19
Monday & Wednesdays 4:00pm-5:00pm Ages 11-14
Spring sessions will begin based on request
Summer sessions will begin June 18th

WHERE Centre Ice Fitness /Centre Ice Arena
1600 Chartwell Traverse City, MI 49696

COST 6 week- Team Training 12 sessions \$150 (5 athletes minimum)
Pre and Post Athletic assessment included
If the group exceeds 10 the price will be reduced to \$130 per athlete

Individual Training Sessions Available – call for appointment times and pricing



For more information on the ACE PROGRAM contact
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