

TRAINING CAMP, TOURNAMENT or HOCKEY SCHOOL

Capitalize on the talent and tools available at Centre Ice Fitness when booking ice time at Centre Ice Arena

Is your playbook out dated?

Athletes wanting to compete at the next level need to understand the value of how to train both on and off the ice! It's not a secret in order to maintain a competitive advantage among talented players those that are stronger faster and have endurance long into the competition get the starting positions! Are you doing the most for your team or organization when it comes to sport specific training?

- **Capitalize on the talent and tools** available at Centre Ice Fitness when booking your next tournament, camp or event
- **Daily Health Club Membership access** for your coach's organizers and Parents. Your support team can participate in all the club offers including Group Exercise classes!
- **Age Appropriate Dry Land:** Coaches can provide ADM (USA Hockey American Development Model) Dryland age-appropriate exercises to help every player become a physically literate athlete. Speed - Flexibility - Skill - Stamina
- **We can train Coaches** on Bio-mechanical fundamentals regarding proper technique for sports specific age appropriate warm ups and cool downs
- **Access our equipment** we can provide everything the Red Wings, NHL Prospect Tournament and Training Camp needed we can accommodate your Program or Camp
- **Tools and Equipment:** Bosu Balls, Fitballs, agility poles, reaction belts, agility ladders, mats, cones, hurdles, sliders, balance boards, ½ and full size Rollers, bands, tubing, battle ropes, Medicine balls, Box jumps, steps and more.



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- **Book classroom or studio time** for Interval training energy system development on our group cycling bikes, a yoga class or one of the following **Clinics**: Flexibility, Balance and Stability, Core or Fundamentals of Nutrition and Fitness, Shoulder stabilization training. Principles of Unilateral and neuromuscular movement's role in training in hockey specific fitness. Nutrition fuel for your training.
- **Have an Athletic Trainer coordinate a functional training workshops.** Teach athletes about Unilateral Training and the benefit of both Proprioception and Kinesthetic moment in training on an unstable environment and other sport specific tips. ACL injury prevention training. How to plan for Pre-season, In-season and Post-season training
- **Periodization Training** We can develop year round programing for each phase of training
www.centreicefitness.com/#!/sports-performance/c1viv

Team Training

Our goal with every team is to help each INDIVIDUAL athlete get better, every day. We want to be partners in player development NOT just a place for the players to work out. CIF coaches will teach your athletes how to train properly, motivate them to train hard and put together a team training plan that ensures they also train smart.

To learn more about program and pricing options contact Tom Duggan
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