

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 15-18)
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
Summer: June 13th – July 28th (No sessions July 4th-7th)

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

COST 6 week- Team Training 12 sessions \$165
Pre and Post Athletic assessment included
Individual Athlete Sessions \$35.00 per hour



For more information on the ACE PROGRAM contact
Joelle Beaudoin, ATC
Center Ice Fitness Center 231-932-8340 or 231-675-5813
jmbeaudoin10@gmail.com