



BROOKS MILLAR ATC.

Twenty four years experience as an Athletic Trainer, Strength and Conditioning Specialists, Bio mechanists

- Graduate Athletic Trainer for Western Michigan University in hockey, football, gymnastics, track and volleyball.
- Head Athletic Trainer for Gary Gray and the famed "Gray Institute" www.graynstitute.com Part of rehabilitation team for Pittsburgh Penguins Mario Lemieux as he returned to hockey from back issues.
- For 10 years owned and operated Integrated Functions in Seattle Washington (a sports performance company). Operated out of Seattle Tennis Club, Mercer Island Country Club and the Rainier Club as a bio-mechanist. Worked and traveled with Professional Tennis Tour.
- Worked for professional organizations or athletes with the: Detroit Red Wings, Chicago White Sox, Miami Dolphins, Toronto Blue Jays, San Francisco 49'ers, Denver Broncos, Colorado Avalanche, Seattle Sonics, Seattle Mariners, Seattle Seahawks
- Designed and developed Elite North West Girls Basketball conditioning for Adidas. (High School aged Girls)
- Designed and developed the Traverse City North Stars dry land program for 2009-2010 runner-up season.
- Designed and developed dry land program for Dallas Drakes summer camp-
- Designed and developed the dry land programs for Central High School Hockey, The Reps Hockey, N AA Hockey, Bantam A and AA.
- Worked with local hockey athletes: Allison Shrift of University of Wisconsin Superior and the Grand Rapids Griffins U-19, Shane Totten of the Flint Generals and now Nichols College Hockey program, Alex Goodhue of Atlanta Knights, Marcus Russell, Johnny Russell, Derek Shrank and many others.

Club 231 932-8340 Club E-mail: info@centreicefitness.com

Cell 231 620-4070 E-mail millar2@global.net

www.centericefitness.com