



Speed - Agility - Power



HIGHLIGHTS:

- SPEED DEVELOPMENT
- STRENGTH TRAINING
- CONDITIONING
- FOOT WORK
- EXPLOSIVE POWER
- COORDINATION
- NUTRITIONAL INFO
- AGILITY TRAINING
- ENDURANCE
- CUSTOM MEAL PLAN
- HOCKEY SPECIFIC
- INCREASE ENERGY
- CORE DEVELOPMENT
- PROPER PROGRAMMING
- PERSONAL ATTENTION
- CERTIFIED STAFF
- FIRST 3 STEPS
- GOAL SETTING
- AFFORDABLE PRICING
- EFFECTIVE WORKOUTS
- INCREASE FLEXIBILITY
- QUICKNESS
- PLYOMETRICS
- PROPER EQUIPMENT
- INDOOR TURF
- SPRINT TRAINING

TEAM TRAINING HIGHLIGHTS:

THE PROGRAM INCLUDES:

- 45 to 60 min sessions
- FREE Monthly Evaluations to monitor progress
- FREE Custom Meal plan
- FREE Nutritional Info
- FREE Goal Setting Sheet
- This is a value of over \$350!

MEMBERSHIP PRICE:

We have very affordable pricing so that athletes can consistently train throughout the year as well as track their progress monthly. Pricing is determined by the number of training sessions per week and how many months of training. Please call us for pricing.

TRAINING SCHEDULE:

We will work with the team coach, manager or parents to create a schedule that is convenient and flexible for the entire team. Sessions can take place at our training center OR the session can be run at your sports complex.

LOCATIONS:

1. Monroe: 4 Farrington Blvd – Monroe, NJ 08831 = inside SportsZone
2. Wall Township: 1215 Wyckoff Rd - Wall, NJ 07727 = inside Jersey Shore Arena
3. Red Bank: 76 Chestnut St - Red Bank, NJ 07701 = inside Red Bank Armory
4. Somerset: 15 Worlds Fair Dr - Somerset, NJ 08873 = inside Protec Ponds

Call Today!
(888) 407-6778

BIGGER – FASTER – STRONGER