

PERFORMANCE ATHLETIX  
**CHANGE YOUR GAME**  
HIGH SCHOOL HOCKEY TRAINING INTENSIVE  
FALL 2008

**HOCKEY IS GRUELING.** Nearly 30lbs of equipment. Maneuvering millimeter thin blades on ice. Cardiorespiratory fitness and eye-hand coordination demands that trump any other power sport. Plus, all players must play both offense and defense. Here's a little known hockey fact: Around age 12, athletes are so strong that training exclusively on ice actually becomes counter productive—The surface is too small to continue to provide the stimulus necessary for physiological changes.

So how do you get superior results on the ice from training off the ice? That's where Performance Athletix comes in. We have coached, trained and developed some fine hockey players in the last 10 years, most notably Richard Park, Kyle Okposo, Mike Hoeffel, Jordan Leopold, Ryan Carter, Ryan Potulny and Joe Finley, just to name a few.

**Get with the Performance Athletix program and CHANGE YOUR GAME!**

- VO2MAX Testing
- Underwater Weighing
- Relative Strength Training Development
- Hockey Specific Fitness Development
- Hockey Specific Testing
- Training Specific Meals Provided
- Group Training 12–16 Participants
- 180,000 Square Ft Training Facility in Downtown Mpls
- 4 Days Per Week, 8-Week Training Intensive
- Monday–Thursday
- 4:00–6:00 p.m. or 6:00–8:00 p.m.
- \$2,000.00 All Inclusive Training Package

## 3 STRENGTH TRAINING PROGRAM

focus points:

**(1) Muscle imbalance correction.** We undo muscle imbalances created by skating and the postural issues that occur from playing such a grueling sport.

**(2) Neutralize the “bilateral deficit” created by training exclusively on both legs.** No dead-lifts, squats or power cleans here! We train the lower body first with single leg movements.

**(3) Develop strength as it relates to being fit.** One of the most overlooked components of cardiorespiratory fitness is strength as it relates to fitness. Our program uses technology that allows us to train at intensities that elicits strength to dominate in the context of which it is most useful. This efficient process produces *amazing* results that are visible on a daily basis.

## 4 PERFORMANCE PROGRAM

focus points:

**(1) Fitness.** Fitness training focuses on the sport-specific development of all three energy systems as they relate to hockey.

**(2) Speed.** Speed training focuses on exercises that enables hockey players to be more biomechanically efficient sprinters.\*

**(3) Power.** Power training focuses on deep knee bends, single leg jumps, and split-squat exercises that scientifically improve skating stride.

**(4) Rxction.** Rxction training focuses on exercises that improve agility, physical toughness and eye-hand coordination at the highest speed of movement.

*\*In testing thousands of players we learned there was a very constant relationship between running speed and skating speed. On every team, from bantams to college, Olympics, and pros, the fastest skaters are likely to be the fastest sprinters.*

—Jack Blatherwick



**HOCKEY INTENSIVE Begins September 15, 2008**  
**Reserve Your Spot Today!**

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