

> ATTAINING THE HIGHEST LEVEL OF ATHLETIC SUCCESS

LET US GET YOU THERE!

Welcome to your individualized, comprehensive training program. Through the use of modern training techniques, state-of-the-art equipment, and a wealth of knowledge, you will be pushed and encouraged to develop the physical dimensions needed for athletic success. A focus on strength, power, agility, speed, and weekly individual skill refinement will have you performing beyond any level you have previously experienced! Every athlete has a goal and we will help you reach yours. You will Out work, Out muscle, Out play... prepare to be the best you can be!

> PRICING All packages are based on 15 weeks

This program is designed for athletes who are willing to work hard and attain the highest level of personal achievement. The ideal athlete will be over 14 years of age and playing in the junior or AAA levels of sport and open to changing their lifestyle. There are two program options to choose from, a 5 day (10 hours/week) or 4 day (8 hours/week).

Please call Tallon at 519-942-2255 for more information.

> YOUR TRAINERS



Tallon Martin

Tallon brings a wealth of knowledge to the realm of athletic development. Having worked in the health and fitness industry for over six years, he has trained elite level athletes, including current OHL and aspiring professional hockey players, and has helped many minor and junior level athletes take their game to the next level. The passion he has to see his athletes succeed has come to epitomize the spirit felt in his comprehensive, high-intensity workouts.



Joel Gard

Joel is currently attending university in the United States on an NCAA hockey scholarship. Having worked his way through the hockey world with hard work and persistence, he knows from firsthand experience what it takes to succeed at the highest levels of sport. With a wealth of knowledge derived from previous work with OHL and junior level athletes as a hockey-specific fitness trainer and hockey skills instructor combined with his own experiences, Joel has been able to formulate an unparalleled athletic development experience.



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DETERMINATION



HRC Superior Athletic Performance Program

SUMMER PROGRAM



> Strength & Power

LET US PUSH YOU THERE!

Superior Athletic Performance (SAP) Programming will focus on the development of the fundamental muscle groups necessary for superior athletic competition. Initial testing will determine an individual athlete's strength level and needed areas of improvement. Advanced multi-joint movements and dynamic balance techniques will lead the athlete to develop the strength required for high intensity sport. Injecting power exercises into this regimen through modern plyometric jump techniques and full body lifting will aid the athletes in developing the forceful movement they require to outlast their competition.

> Speed & Agility

LET US GET YOU THERE!

A focus on high intensity sprint and interval training and individualized foot exercises will lead to the development of improved speed and overall cardio-respiratory capacity. With interval training built into the program, the athletes will develop faster foot movement and speed. Dynamic movement drills will aid in the development of muscle memory functions that will allow for a more agile and confident athlete.

> Skill

LET US TRAIN YOU THERE!

Practice makes perfect! The weekly reinforcement of vital individual sport skills through development will give the athletes the opportunity to refine and perfect the most important facets of their game.

The continuation of individual skill development from the S.A.P. Programming will help our athletes push their game to the next level. The skill development portion will include such things as hand-eye coordination, puck movement and shooting skills.

• • • **Out will, Out work, Out muscle, Out last, Out play...**