



## 2020 Summer Boot Camp

For six years, Tier 1 has specialized in training for hockey players. Hockey players require multi-faceted core competencies. Only Tier 1 trains for all the skills necessary to excel at the world's greatest game. Additionally, Tier 1 provides required nutrition, ongoing comparative testing and uses periodization of training to increase intensity as the player develops. No two workouts are ever the same and Tier 1 has not had a single athlete miss a day of training due to injury. In short, Tier 1 has designed and implemented a hockey training methodology to fully develop player skills in a safe and challenging environment. All training sessions are slightly under one hour to allow for social distancing and cleaning.

Hockey Training Includes:

- ❖ Power for Battles and On Skate Stability
- ❖ Quickness Training for Short Races
- ❖ Core Stability and Strength to Stand Up to Opponents
- ❖ Agility for Elusiveness and Small Area Competition
- ❖ Hand Eye Coordination for Pass Catching and Shooting
- ❖ Endurance for Third Period and Tournaments
- ❖ Core Rotation Power for Shooting
- ❖ Upper Body/Lower Body Independence for Better Playmaking
- ❖ Increased Flexibility for Injury Reduction and Prevention

This Program is designed to develop the Hockey Player for sports performance. Program includes 6 weeks of training (two or three days per week), mandatory nutrition and state of the art training techniques for hockey players.

Classes will begin July 6 and go through August 14, 2020. If you have any questions, contact Don Lewis at 630.947.3017, phone or text as well as [tier1ap@gmail.com](mailto:tier1ap@gmail.com).

Cost: Two Sessions/Week \$249 Three Sessions/Week \$369

**Register Now Button**