

PROWLER HOCKEY

# Summer Strength and Conditioning Program



## Purpose

To partner with the Prowler High School Hockey team to deliver a 10-week (20 sessions) strength and conditioning program. The program will focus on sport specific movements, speed and agility, strength training, and overall conditioning to help develop athletes physically and mentally. Athletes will learn proper form and techniques on weight training, speed and agility, as well as athletic sport-specific movements. Core training will also be a main emphasis in the program.

This program is designed with the hockey player in mind. To greatly enhance their off-ice readiness by physically and mentally preparing them for the rigors of the upcoming hockey season.

## Details

**Who:** Prowler High School Hockey Team

**When:** Mondays and Wednesdays from 2:30pm – 3:30pm

**Where:** Personal Training For The Next Level  
6950 Americana Parkway Suite G  
Pickerington, Ohio

**Cost:** \$400 per athlete for 20 sessions June through August

**Frequency:** Two 60-minute sessions per week

**Participants:** 15 athletes

**Contact:** 614-557-2110

**Facebook:** <https://www.facebook.com/trainerbriankelly/>

### INTERESTED?

please scan for more  
information or to sign up.



## Primary Goals of Program

1. Reduce the risk of injury in the weight room and in the rink
2. Increase work capacity in all aspects of physical training
3. Maximize strength and power
4. Improve speed and agility
5. Enhance physical endurance and functional flexibility

## Our Experience

### Chad Zimmerman

\* Bachelors Degree in Exercise Physiology

\* NGA Professional Bodybuilder

\* Nationally ranked javelin thrower in college at Rio Grande University

\* Multiple years as a varsity football and basketball coach

\* Inducted into Logan High School Hall of Fame for his accomplishments in football, basketball, and baseball

\* Trained with multiple high school athletes in a one-on-one and group setting to help enhance their performance

### Brian Kelly

\* 20+ years of experience as a trainer

\* NSCA Certified Trainer

\* Trained with multiple D1 athletes

\* Worked with NFL players Zach Boren and Jake Butt

\* Trained high school and college athletes individually and in group settings from a variety of sports

### Rob Watts

\* Bachelors Degree in Exercise Science

\* ACSM Certified Personal Trainer

\* NETA Group Exercise Certified

\* Played basketball at Otterbein University

\* Began training at age 11 for sport performance

\* Trained athletes of all ages from various sports, working on strength training and enhancing athleticism

## Examples of Training Will Include:

- **Explosive movements** – Functional movements that will help with developing explosiveness and athleticism. Exercises will consist of plyometrics, change of direction, hand/eye coordination, etc...
- **Core Training** – This will be emphasized for a majority of the program, since this is one of the most important components for an athlete. Exercises will include core stabilization, full body movements that involve the core, proper form, as well as exercises on how to brace the core, etc...
- **Weight Training** – This will include the use of three-dimensional movements (up/down, side/side, forward/backward) and multiple joint movements. Free weights will be used to develop primary and stabilization muscles to help prevent injury and improve on-ice performance by gaining better body control. Multi-joint movements like squats, push-ups, and multiple row movements will also be a main emphasis in reaching the full potential of the athlete.

\*\* Personal Training For The Next Level strives to provide the best quality service in helping individuals of all ages meet their goals. We take great pride in assisting our local athletes in reaching their potential and becoming superior athletes. We have proudly been serving and training the greater Pickerington community since 2011 \*\*

