



CPYHL Functional Fitness and Strength Training 2015/2016 Season



HEALTHPLEX
FITNESS

**Dates/Times: October 5th, 2015– April 4th, 2016
Monday-Thursday
Sessions start @5pm-8pm
Starts @ 1x per week for the season
Location: HealthPlex @ the Hut
1535 Crescent Road, Clifton Park, NY 12065
Registration Fee: \$100 for the season
Register at Healthplexfitness.com or 518-383-0225
Secure your spot today!!**



For over 25 years, HealthPlex has been the strength and conditioning provider to athletes of all ages, sports, and backgrounds tracking progress and overall performance. Our programs are designed to integrate the mind and body, shaping young athletes and empowering individuals to explore the bravery and confidence that dynamic training incorporates. We would love to have the opportunity to work with your players in strength and conditioning for the upcoming Hockey seasons.

This program is for Youth Hockey Players of CPYHL to teach them the best way to train off the ice to build strength, increase speed, and prevent injury. This is the perfect age to learn how to begin a fitness program by building the foundation of great athletic movement. All athletes are put through a Functional Movement Screen at the beginning, middle, and conclusion of the program to assess the movement patterns of each individual athlete. This screen allows us to identify and correct asymmetries throughout the body and any limitations an athlete may have in their movement efficiency. Most importantly, the screen allows us to tailor our programming to the unique needs of individual athletes while maintaining the integrity of a team environment.

All of the Hockey training includes:

- Injury Reduction - Functional Movement Screen to help identify imbalances and power leaks to maximize training progression based programming
- Speed/Acceleration - Deceleration, linear, lateral movements, running mechanics, change of direction and footwork
- Power - Plyometrics, Olympic lifts, landing mechanics, jumping and throwing
- Strength - Basic strength movements, functional strength, squat, press, pull, hip hinge and core training
- Conditioning – Sport-specific conditioning, game like preparation
- Mental Toughness - Strategies to help athletes perform at their best, and build confidence

We will be setting up times to get the first assessments conducted at the beginning of the season. **Register at healthplexfitness.com or call 518-383-0225 to secure your spot!** We are incredibly excited for this upcoming season and can't wait to start working with you!

Best in Health,
Michael Kurkowski