

Attention Viper and Wild Players!

We are pleased to announce our partnership with
The House of Sports!



Train for your :45 Seconds of Fame

Hockey Performance Training

Unfortunately, ground-based aerobic exercise regimes do not help hockey players dramatically improve their on-ice stamina. To accomplish this, players must build their endurance and lower body power by training in their skates.

Athletic Republic, the nation's leading hockey performance training program, has recently opened a training center at the House of Sports. This training center includes Westchester's first ice hockey treadmill. Our proven performance methodology can give ice hockey players a significant edge. It allows them to train in their skates and dramatically improve their short burst stamina and skating power.

Athletic Republic is part of 125 location nationwide network including Blue Streak's two locations in Stamford CT.

Vipers Performance Training Package

Athletic Republic has entered into a partnership with the Vipers to provide ice hockey performance training at a **25% off standard pricing**. To receive this pricing use the discount code **VIPERS2014**.

Specifically, Viper team members can receive:

Hockey High Performance 90:

A 90 minute performance training session that includes the following components:

- **Dynamic Warm-up**
- **Hockey Treadmill Component:** Athletes will spend approximately 30 minutes on the skating treadmill where they will work on their skating mechanics, skating power and overall conditioning/endurance. Each session will include a Dartfish video analysis of skating mechanics.
- **Skills Development Component:** Athletes will spend approximately 30 minutes in the shooting lab where they will work on their puck control, shooting accuracy, eye-hand coordination and shot velocity.
- **Power Training Component:** Athletes will work with various tools to improve their overall body strength, agility and core conditioning.

Viper Discount Pricing: To receive this special pricing, please use the discount code VIPERS2014 when registering.

Program	Duration	1 Session	6 Sessions	12 Sessions	18 Sessions	Unlimited Per Week
High	90 min	\$34	\$169	\$304	\$405	\$113= 1 wk commitment, \$75= 4 wk commitment, \$57= 8 wk commitment

www.houseofsportsny.com

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