



FALL 2018

HIGH SCHOOL SKATERS

OFF ICE TRAINING

NorthStar Ice Sports and Peak Fitness will provide off ice athletic training for high school hockey players and figure skaters.

Peak has the highest level coaching staff in Central MA. Their trainers and coaches are athletic trainers, exercise physiologists, certified strength and conditioning specialists, and graduate specialists in the study of Human Movement and Performance. They have experience working with and training athletes of all sports, from elementary level to collegiate athletes.

Program focus:

- teamwork
- accountability
- nutritional guidance
- foundational weight lifting techniques
- dynamic flexibility
- core strength
- leadership coaching
- rotational power development

Visit our website Northstaricesports.com for more info this summer
15 Bridle Lane, Westboro, MA 01581

**ATHLETIC
PERFORMANCE
TRAINING**

