



8004 S. Madison Street, Burr Ridge, IL 60527

Phase One: Spring Training Program

The six-week program is intended to bring increased power, quickness, agility, core balance and strength plus short-term cardiovascular conditioning.

For the fifth year, Tier 1 is providing off ice training for hockey players and other athletes. Hockey requires a wide variety of skill sets including hand-eye coordination, foot speed to pure core strength. Today's elite high school hockey players must have an off-season strength program designed to build strength in a way that promotes mobility on the ice.

The off-season program is built into phases. Phase one is the Spring Training program. Players will train twice a week for six weeks to educate and train the body correctly. Below is the schedule for our Spring Training Program in Burr Ridge.

Time:

- 7:00pm For Incoming Freshmen
- 8:00pm For Next Year Sophomore, Junior & Seniors

Days: Monday – Thursday (Select Two)

Program Cost: \$249

We hope you will choose to attend this program. If you would like to try a session the week of April 8 or have any other questions, please contact Don Lewis at 630.947.3017 (voice or text) or email at lew1161@yahoo.com. The summer program will begin the week of June 2nd and information regarding the summer program will be communicated before the end of the spring program. For additional information on Tier 1, please visit our website at www.Tier1athleticperformance.com.

Click here <https://app.jackrabbitclass.com/regv2.asp?id=534124> to register now.