

[PACKAGES]

HOCKEY ELITE ACADEMY

A twelve month individualized training program that includes a preseason, off-season and in-season training plan.

\$179/month

- [4] Performance Evaluations
- [4] Sport Cord Skill Sessions
- [180] Training Sessions for the Year
- Train at Either Facility

HOCKEY ACADEMY

A twelve month individualized training program that includes a preseason, off-season and in-season training plan.

\$135/month

- [2] Performance Evaluations
- [144] Training Sessions for the Year

HOCKEY YOUTH ACADEMY

A twelve month individualized training program designed for athletes under ten years of age.

\$99/month

- Includes preseason, off-season and in-season
- [2] Performance Evaluations
- [120] Training Sessions at the North Shore Ice Arena

HOCKEY ULTIMATE SPEED

\$650

- [2] Performance Evaluations (Pre/Post)
- [12] Hockey Treadmill Skating Development
- [6] Plyometric/Strength

IN-SEASON MAINTENANCE (90 minutes)

\$400

- [10] Skating Development/Plyometric/Strength/Flexibility

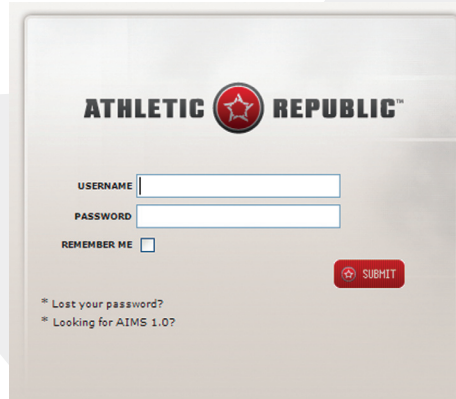
ADD ONS/INDIVIDUAL SESSIONS

- Hockey Treadmill **\$40**
- Hockey Plyometric/Strength **\$40**
- Hockey Sport Cord Skill **\$40**
- Personal HTM **\$100**
- Performance Evaluation **\$50**

**Ask about family and group discounts.*

[JOIN MY REPUBLIC]

- View your test results
- Watch your Dartfish video
- Keep your coach informed



A screenshot of the Athletic Republic login page. At the top, it says "ATHLETIC REPUBLIC" with a red star logo. Below that are two input fields for "USERNAME" and "PASSWORD". There is a "REMEMBER ME" checkbox and a red "SUBMIT" button. At the bottom, there are two links: "Lost your password?" and "Looking for AIMS 1.0?"

**ASK YOUR
TRAINER HOW
YOU CAN JOIN
ATHLETIC
REPUBLIC'S
MY
REPUBLIC**

Athletic Republic Hockey prides itself on speed and separation, knowing that speed and power dictate success. That is why, at Athletic Republic Hockey, we provide our players a program specifically designed to "Light the Lamp."

[CONTACT US]

NOW WITH TWO LOCATIONS

Running Development Training
Athletic Republic Winnetka
24 Green Bay Road
Winnetka, Illinois 60093

847.386.6523
AthleticRepublicWinnetka@gmail.com

Skating Development Training
Athletic Republic North Shore
2111 Founders Drive
Northbrook, Illinois 60062

847.971.4905
AthleticRepublicNorthShore@gmail.com

HOCKEY

ATHLETIC REPUBLIC™

WELCOME TO ATHLETIC REPUBLIC™

Athletic Republic conveniently located at the intersection of sport and science. Whether you are a beginning athlete learning a new sport, a recreational athlete or a professional, Athletic Republic will help you achieve your athletic performance goals. We create the ultimate training environment with our trainers, our acceleration training programs and our equipment.

Holding six patents and having developed over 2000 proprietary training protocols, we administer programs that cater specifically to each sport and every athlete. Programs that push our athletes hard and make them faster, stronger and more agile than they ever thought possible. Programs that under the direction of our Athletic Republic trainers, translate to victory on the field, on the court and on the ice.



[TEST]

Each athlete will be assessed on strengths and weaknesses in the following areas:

- **Movement Skills** (*speed, agility, stability, symmetry*)
- **Power and Strength**
- **Conditioning Efficiency**
- **Sport-Specific Skills**

From this assessment the trainer will create an individualized training program to maximize the results for the athlete.

[TEACH]

Athletic Republic trainers are well-educated, certified and passionate about helping athletes. They care about you as an athlete, no matter what your goals or sport. They are constantly retraining themselves to higher standards, and they work hard to create a positive and fun environment in which you can feel comfortable, even confident, about pushing yourself to improve. Athletic Republic creates an optimal teaching environment in which you can hear, see and feel your improvements as you progress.

[TRAIN]

Athletic Republic is the industry leader in Hockey Performance Training – a systematic progression of hockey training programs appropriate for all ages. The programs are embedded with the science of properly developing hockey players, while safely taking them past their limits. It's the application of increasing a hockey player's stride frequency, stride length, skating mechanics, conditioning, power output, shot velocity, puck control and dynamic stability. And we consistently deliver meaningful on-ice results:

- 50% improvement in rate of recovery
- 20% greater leg strength
- 33% improvement in foot speed
- 2" increase in vertical jump height which translates to an increase in explosive power
- 200% increase in skating musculature activity

HOCKEY ACCELERATION TRAINING Pre-Season/Post-Season

Athletic Republic's most complete program develops the dedicated hockey player's speed, skill, power and agility, whether it's in the spring preparing for tryouts or in summer gearing up for the coming season. The 6-8 week Hockey Acceleration Training program focuses on power, movement skills and skating efficiency, while building dynamic stability on the ice. The program begins with a pre-test to assess strength and weakness to optimize each athlete's training program.

Our industry-leading Athlete Information Management System [AIMS] allows both the athlete and trainer to track improvement to monitor goal achievement.

The athlete completes 18 training sessions three times per week. Twelve sessions incorporate the Hockey Treadmill and focus on creating greater stride length, stride frequency and improved anaerobic conditioning for hockey. The other six plyometric sessions increase first-step quickness, core stability and overall explosiveness. Each training session incorporates skill and stick-handling development. The program concludes with a post-program performance evaluation, and all sessions include flexibility drills and dynamic warm-up.

LEARN-2-SKATE

Athletic Republic helps hockey players take that first stride. That's why we have one of the most comprehensive Learn-2-Skate programs in the industry. We take athletes through a series of eight 60-minute Hockey Treadmill sessions in a completely safe and fully monitored environment to teach them the fundamentals of skating. Our Learn-2-Skate program emphasizes balance, control and proper skating mechanics while athletes are safely harnessed on our patented Hockey Treadmill. One of our trainers is constantly at hand, providing encouragement and giving feedback as the athlete masters the treadmill. Our trainers ensure that proper skating mechanics are learned before transferring to the ice. In addition, athletes can view themselves on the live-delay, flat-screen monitor, positioned above the control box or reflected in the mirror in front of them.

- Eight 60-minute sessions
- Training sessions are station-based, organized for small groups and conducted during morning hours

Each session is broken into three phases:

- Warm-up, stability and body awareness [10 minutes]
- Hockey Treadmill [40 minutes]
- Balance and flexibility [10 minutes]