
The Athletes Edge Difference

Athletes Edge is a proud member of the Athletic Republic network of training centers.

Athletic Republic's science based sports training systems are the culmination of 20 years of research and development. It's a science-based sports training system that has delivered real, quantifiable results to over half a million athletes, including more than 2,500 Olympic and professional athletes. It's a brand built out of a firm belief that there is a better way to train athletes, a better way to rehabilitate and a better way to maintain peak athletic performance.

Athletes Edge is



Athletes Edge Staff:

Dan Magrath—Owner and Director of
AE Hockey and AE Baseball.

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Kevin Gleason—Director of Performance Training

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Phil Unger—Head Performance Coach

phil@athletesedge.com

Summer Hours

Monday - Friday

9am—7:30pm

Sessions run every 90 minutes!

Cost

2 day program \$79/week

3 day program \$115/week

All 7 weeks (2) day \$510.

All 7 weeks (3) day \$725.

Athletes Edge

Sports Performance Training

410 Great Rd

Littleton Ma 01460

Ph. 978-486-4380

www.athletesedge.com



Summer 2009 Training Programs

Acceleration

Hockey Acceleration

Football Acceleration

Combine Prep

TEAM Packages

ACL Rehab

CALL TO REGISTER!

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What do you think your competition is doing this summer?



Summer Acceleration—ALL Sports



Summer Hockey Acceleration



FOOTBALL

Football Acceleration—Combine Prep

Objectives:

- Improve running biomechanics
- Increase Maximum Sprint Speed
- Increase explosive power
- Improve multidirectional quickness
- Increase anaerobic base
- Improve core strength and flexibility
- Improve total body strength and power
- Enhance posture/body positioning

Program Components:

- Warm-up /Cool-down
- Maximum Sprint Speed and Sprinting Biomechanics on our **Super Treadmill**
- **Digital Video Analysis of Running Mechanics**
- Comprehensive stretching program
- Strength and Power Training
- Cardiovascular/Endurance Training
- Increased Anaerobic Tolerance
- Dynamic Balance Training
- Agility drills
- Plyometric Training
- Core Stabilization
- Eye-Hand/ Eye-Foot Coordination
- Reaction Training
- **Sport-Specific Skills Development**

Objectives

- Improve skating biomechanics
- Increase explosive power
- Increase stride length/stride frequency
- Increase maximum on-ice sprint speed
- Increase anaerobic tolerance
- Improve stick handling and game skills
- Develop greater puck control
- Enhance posture/body position
- Improve overall strength to reduce the risk of joint and tendon injuries

Components of Hockey Training

- Dynamic Warm-up/Cool-down
- Speed Training on the **Hockey Treadmill**
- **Digital Video Analysis of Skating Mechanics**
- Strength Training
- Cardiovascular/Endurance
- Plyometric Training
- Flexibility, Dynamic Balance and Agility
- Core Stabilization Training
- Skills Development—Shooting and Stick Handling Drills

Components:

- Warm-up /Cool-down
- Maximum Sprint Speed and Sprinting Biomechanics on our **Super Treadmill**
- **Digital Video Analysis of Running mechanics**
- Comprehensive stretching program
- **Position Specific** Strength Training
- Cardiovascular/Endurance Training
- Increased Anaerobic Tolerance
- Dynamic Balance Training
- Agility drills
- Plyometric Training
- Core Stabilization
- Eye-Hand/ Eye-Foot Coordination
- Reaction Training

Combine Preparation

- Improve your 40 yard-dash time
- Improve L Drill and Pro Agility
- Increase your Vertical Leap