



FOR LIFE

READY TO TAKE YOUR HOCKEY GAME TO THE NEXT LEVEL?

Kettering Sports Medicine Center offers hockey-specific, position-specific training that is focused on the unique physiological demands of the sport.

HOCKEY-SPECIFIC TRAINING PROGRAM

- Improve Anaerobic Conditioning Levels
- Increase First Step Quickness, Overall Foot Speed and Agility
- Increase Skating Stride Length, Efficiency and Overall Speed
- Increase Balance and Coordination
- Increase Core, Hip Stability and Strength
- Hockey Specific Resistance Training Program
- Nutritional Recommendations

On and off ice team training available

**For more information contact:
Kettering Sports Medicine Center
3490 Far Hills Avenue
937-395-3905**

*The official Sports Medicine
Provider for the Dayton Gems*



**KETTERING SPORTS
MEDICINE CENTER**

KETTERING HEALTH NETWORKSM

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