



INDIVIDUAL ATHLETIC DEVELOPMENT

An intense training program designed to help athletes excel in their sport. Program is open to **all levels** including professional, college/university, high school or junior high athletes from ages 13 and up, in **all sports**.

🌟 Intense Training that works!

Most players forget the most important piece of equipment - **THEIR BODY**. We help you build your body so that it becomes the essential tool that will change your game!

A typical session will incorporate the following: warm-up, speed-power work, speed development - linear and lateral, strength training, core work, aerobic conditioning, cool down and stretching. Our program trains the whole body for the complete athletic package, working on these essential elements: **POWER, SPEED, QUICKNESS, AGILITY, CORE STRENGTH, BALANCE, FLEXIBILITY, ANAEROBIC CONDITIONING, AEROBIC CONDITIONING.**

Nutrition Component: We want to train the whole body, so in addition to the physical training regime, we also cover important nutritional components. Guest Speakers will cover many aspects of nutrition such as: analyses of current diet, eating habits, look at new diets, pre and post game eating as well as teach you how to best fuel your body to perform at maximum capacity.

🌟 Incredible Prices!

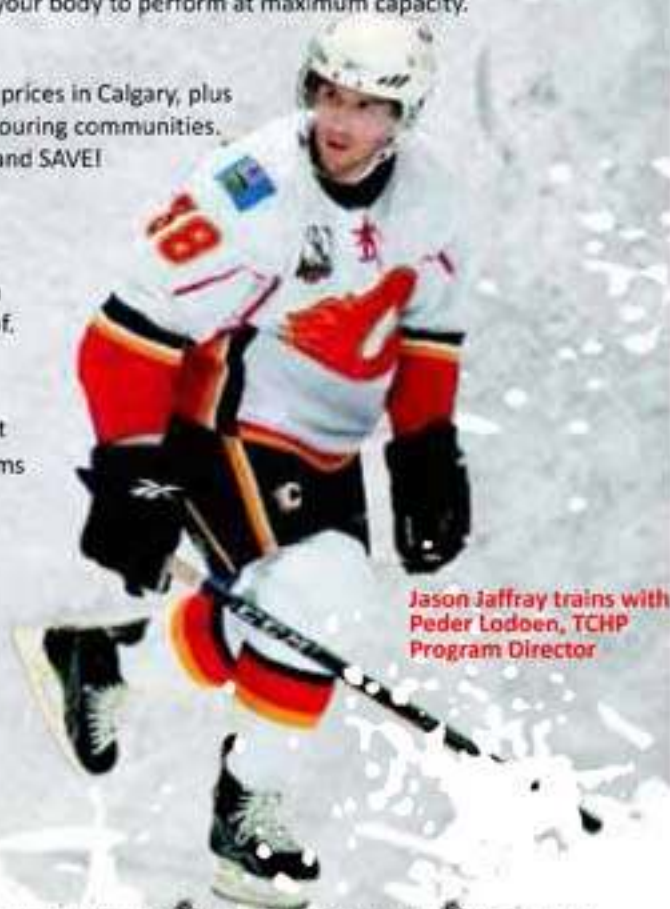
Plus 20% off for community partners. We offer the best high performance prices in Calgary, plus an additional 20% discount for all athletes that live in one of our 36 neighbouring communities. Support your community association (memberships typically cost \$20-30) and **SAVE!** Details on community partnerships available at Guest Services.

🌟 Amazing Facility!

Trico Centre offers one of the best set-ups for training in all of Calgary, with everything you need for high performance training available under one roof.

Our fully renovated and air conditioned facility includes:

- 13,500 square foot fitness centre with "state of the art" fitness equipment
- Free weights, cardio/strength training machines and separate change rooms
- 3 lane running track with rubberized surface
- 2 fully equipped fitness studios and a full spectrum of fitness classes
- Full size gymnasium for drop in sports, rentals and training
- 2 NHL sized arenas for hockey, figure skating and leisure skating
- Aquatics facility (wave pool, waterslide, hot tub, steam rooms)



Jason Jaffray trains with Peder Lodden, TCHP Program Director

GET STARTED TODAY AND CHANGE YOUR GAME

Program Details

Program runs June, July and August, 5 days per week, Mon – Friday, 2 hours per day. On ice component available for hockey players, 3 days a week in July, 5 days a week in August. Each player trains in the weight room 3 times per week, working on explosive power. Participants can sign up for 1, 2 or 3 months and fees will be pro-rated to accommodate holidays.

Individual Athlete Development

Session 1: June 7 – June 30 (4-6pm)

Session 2: July 5 – July 30 (Mo/We/Th 9-10am / Tu/Fri 8-10am)

Session 3: Aug 3 – Aug 27 (9-11am)

Value Price: \$1,099/month

Community Partners Price: \$879/month

On-Ice Component

Session 1: Month of July (3X/week Mo/We/Th 8-9am)

Value Price: \$165

Community Partners Price: \$132

Session 2: Month of August (5X/week Mo–Fr 8-9am)

Value Price: \$260

Community Partners Price: \$208

Instructors

Our high performance team of instructors have all worked with professional players and have at least 10 years of experience training athletes. All athletes have access to over 35 Trico specialized trainers and instructors, to enhance their programs as needed.



Peder Lodoen – Trico Centre Fitness Director

Peder has worked in the fitness industry for the past 17+ years. Playing hockey for most of his life including junior and college he has a vast knowledge of training high level athletes. Along with Peder's Phys. Ed degree, Personal Training certification and numerous specialty certifications, Peder believes in a continuing education to stay on the cutting edge. Six years ago Peder joined Rich Hesketh, the Calgary Flames Strength and Conditioning Coach, to run a High Performance Training Program for pro hockey players. Since then Peder has been training players from Pee Wee to Pros, including many Jr. A, College and pro players like Craig Weller (Minnesota Wild) and Jason Jaffray (Calgary Flames) along with dozens of others.



Erika Olsvik – High Performance Trainer

A Certified personal trainer with the American Council of Exercise, Erica began teaching group fitness to adults in 1996, as she was completing her Bachelor of Arts and Science degree at the University of Saskatchewan. Erika's love of competitive sports sparked her training in sport aerobics and her team of three would go on to win silver at the Canadian Sport Aerobics Championships in Ottawa in January of 1997. Erika has been a personal trainer for 10+ years and also teaches high school cross-training and sports performance classes for the Calgary Board of Education and as well as training pro hockey players and figure-skating.



Jim Bennetto – High Performance Trainer

Jim is a highly qualified personal trainer and experienced athlete. He specializes in Sport Conditioning through efficient movement skills, balance, speed, quickness, agility and strength that anybody can master. Whether it is training elite athletes, conditioning beginners or enhancing weekend warriors, Jim guide's his athletes to new levels of fitness and performance. He will help you improve your athletic movement skills, increase strength and explosive power, and translate that into improved performance for everyday life. Jim's bike experience will be an asset to any player.

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