



2010 HOCKEY TRAINING SPECIAL

UNLIMITED SUMMER TRAINING!

PREPARE FOR YOUR SEASON OR CAMPS WITH CATZ OFF-ICE PERFORMANCE TRAINING!



Benefits of CATZ Performance Training:

- Improve upper and lower body strength.
- Enhance rotational strength and core power.
- Develop quicker reaction time.
- Improve multi-directional speed and acceleration.
- Enhance total body balance to stay strong on your skates with, or without the puck
- Improve conditioning to enable you to skate at full-speed through out the game.
- Enhance mobility and flexibility

Unlimited Sessions!

Call for pricing and times for your age group

Train ANYTIME from July 19, 2010 until August 31, 2010

Unlimited Weekly Off-Ice Training: Monday thru Friday

(Off-Ice is for All Ages: Squirt, Peewee, Bantam, Midget, Junior, College and Pros)

Olympic Lifting: Tuesday & Thursday (Juniors, Prep School, College & Pro's Only)

ALSO AVAILABLE : CATZ PHYSICAL THERAPY, SPORTS MEDICINE & NUTRITION COUNSELING!

CALL YOUR LOCAL CATZ FOR YOUR FREE TRIAL!

OFF-SEASON HOCKEY TRAINING PARTNERS FOR:



CATZ OF LONG ISLAND

www.catzli.com | info@catzli.com

COMMACK

152 Veterans Memorial Hwy
Commack, NY 11725
631-486-8933

LEVITTOWN

148 Gardiners Avenue
Levittown, NY 11756
516-513-0573



12 WEEK DRY-LAND TRAINING PROGRAM

DEVELOPMENT OF UPPER AND LOWER BODY EXPLOSIVENESS:

- Stronger, more powerful stride
- Develop first step quickness
- Increase ability to knock and ward off opponent from the puck



INJURY PREVENTION WITH FOCUS ON:

- ACL and other non-contact injuries
- Shoulder and rotator cuff problems
- Groin and hip flexor issues

"Thanks to CATZ, I have never felt more prepared for a season."

-Mike Condon
Princeton Goalie



"I think what separates CATZ from other training programs is the fact that the trainers put together sport-specific workouts for your athletic needs. They find the perfect mixture of a constant upbeat cardio workout while still working on your power lifting."

-Jason Deluca, UMass-Lowell Junior Forward

ROTATIONAL CORE STRENGTH:

- Increase shot velocity
- Improve balance and coordination
- Increase overall body control



POSITION SPECIFIC TRAINING:

- **Goalie:** Hand-eye coordination, reaction time & flexibility & mobility
- **Offense:** Increase agility for quick cuts
- **Defense:** Increase speed for multi-directional stops and starts

NUTRITION COUNSELING AND SUPPLEMENT GUIDANCE INCLUDED!

CONTACT YOUR LOCAL CATZ FOR MORE DETAILS AND TRAINING TIMES

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