

# SPEED FOR SPORT:



Athletics - Athlétisme

Excellence since / depuis 1973

## SPEED DEVELOPMENT AND SPORTS CONDITIONING PROGRAM

### GET THE COMPETITIVE EDGE

Today's hockey players need more than talent to succeed on the ice. They need an off-ice foundation of strength and conditioning that prepares them for the **EXPLOSIVE** demands of hockey and allows them to focus 100% on the game.

The Ottawa Lions—Canada's top track and field club—offers a cutting edge Speed Development and Sports Conditioning program tailored to amateur hockey players striving for optimal performance. Speed for Sport participants will benefit from the same standard of training used by today's top NHL players.

Through Speed for Sport, players will see significant and lasting gains in:

**SPEED & ENDURANCE • QUICKNESS • EXPLOSIVE POWER • AGILITY & FUNCTIONAL MUSCLE MOBILITY • PHYSICAL & MENTAL STRENGTH**

Speed for Sport's expert coaches bring amateur, professional, Olympic, and NCAA experience. They offer a comprehensive, scientific training approach based on periodization—a progressive cycling of training that meets the changing demands of the hockey season.

For young athletes pursuing excellence in sport, this program brings **OUR SPORT to YOUR GAME.**

Speed for Sport is the best high performance speed development program available for young athletes. It applies globally renowned track and field theories—theories that form the cornerstone of successful speed training for the world's fastest athletes—to hockey-specific power movements, creating a winning combination.

**VISIT [WWW.OTTAWALIONS.COM](http://WWW.OTTAWALIONS.COM) TODAY TO LEARN MORE**



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