

**FASTATHLETE**

# **FAST ICE**

*Dry Land Hockey Performance Program*

Do you want to get better, stronger,  
faster?

Try the "FAST ICE" dry land hockey  
performance program.

- Develop Strength and Power!
- Increase Speed, Agility, and Quickness!
- Build Stamina and Endurance!
- Improve your Acceleration!
- Dominate the Competition!
- Prevent Injuries!

**When:** Mondays and Wednesdays  
**Where:** Centre Ice Community Room

**Time:** 3:30 to 4:30pm

**Cost:** \$56 for 8 sessions

**To Register Contact:**

**(231) 932-9014**

Here is what some of the North Stars Junior A Hockey players  
have to say about FAST training:



*"My quickness and agility have improved which has helped me get to the loose puck quicker and I'm stronger in the corner and tougher on my opponents."*

**Bo Jacobs: Junior A Traverse City North Stars Hockey 2009**

*"On the ice I have better balance and I don't get knocked off the puck as easily. I have improved acceleration which gets me to the puck quicker"*

**Kyle Jean : North Stars Junior A Hockey 2009**

