

Athletic Training &



**Hardee's Iceplex • 2nd Floor
16851 North Outer Forty Drive
Chesterfield, Missouri 63005**

**ph. 314-960-3812
www.stlats.com**

MID STATES DRYLAND TRAINING

St. Louis Athletic Training Services, LLC is excited to announce the opening of the Athletic Training and Performance Center located in the Hardee's Ice Plex in Chesterfield! We will be providing strength, speed, agility and conditioning programs to athletes of every level, as well as providing injury evaluation and therapeutic rehabilitation for athletic injuries in our 6,700 square foot facility.

To celebrate our opening we are offering full team workout discounts! With the high school hockey season right around the corner, we are offering a four week dry land training session for \$150 per athlete (minimum of 5 athletes) for Mid States sanctioned teams beginning the first week of October. Dry land training will be held two nights per week for 60-75 minutes each night. We will concentrate on speed, agility, flexibility and core strengthening exercises to help with on ice performance and reduce injuries.

So get 4 of your teammates or, even better, all of your teammates and sign up for dry land training to make this season your best yet!

Free injury evaluations to any Mid States player for the 2009-2010 season!
Call to set up an appointment with one of our licensed athletic trainers.

ATHLETE NAME: _____ MID STATES TEAM: _____
PHONE #: _____ EMAIL ADDRESS: _____
ADDRESS _____ CITY: _____ STATE: _____ ZIP: _____
BIRTHDATE (Day/Month/Year) _____
KNOWN MEDICAL CONDITIONS: _____
PARENT/GUARDIAN NAME: _____
EMERGENCY CONTACT PHONE # _____

Mail entry form and \$150 check payable to St. Louis Athletic Training Services, LLC to:
STLATS Athletic Training and Performance Center
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