

The Lifetime Athlete – Individual Training

Affordable Individual Athlete Development now available!

Contrary to conventional wisdom...Investing big \$\$\$ in athlete camps, clinics and teams does not = a great athlete!

This personal and customizable training program is based upon the athlete's need and is unique, given the program's affordability and simplicity. The student(s) will receive positive motivational instruction that is designed to help create a well rounded person and athlete for life.

For over 20 years Coach Breazeale has developed championship college club, high school, and youth hockey teams and athletes. Coach B's knowledge and life time experience of athlete development provides the perspective that can only come from a person who is an athlete and coach for life.

Specializing in 6 critical areas of athlete development:

- Leg Speed/Power
- Suppleness (flexibility)
- Balance
- Agility
- Core Strength
- Aerobic Base

Also available:

- Customizable weight training programs
- Hockey specific dry land instruction
 - Customization available based up needs of each individual athlete.
- Nutrition Guidance

Cost:

- Personal 1 on 1 training consultation \$40.00 per session.
- Group Rates as follows:
 - 2 Athletes: \$70.00
 - 3 Athletes: \$90.00
 - 4 Athletes: \$100.00

At Home Instruction:

- For an additional \$10.00 per session Coach B will travel to athlete's home or preferred gym of choice. Student may need to purchase additional equipment in order to properly achieve desired results.

To schedule an interview and consultation please contact:

- Joel M. Breazeale ~ 616-257-7159 or email jmbhockey@sbcglobal.net
- Check payment to: The Lifetime Athlete, Inc.

The Lifetime Athlete – Group Clinics

What makes a great athlete?

In addition to passion and dedication, what does it take to be a great football, hockey, soccer, basketball, tennis (you fill in the sport) player? The answer is simple...it takes a great athlete! To compete at a superior level in any athletic endeavor the participant must have six primary athletic abilities. Those six primary athletic abilities are flexibility, speed, balance, agility, endurance and core strength. A good athlete may be competent in three of these primary abilities. A very good athlete will likely be competent in 4 to 5 primary abilities. A great athlete must excel in each of these primary abilities or they will not maximize their complete potential.

What's it about?

What is a Life Time Athlete Development Clinic about? Our number one focus is to introduce and develop competency in the six primary athletic abilities mentioned above. Lifetime Athlete clinics are designed to challenge and develop the individual athlete regardless of age, strength, or general athletic ability. Our clinics are age and ability specific and meant to educate the athlete, provide a safe environment to learn and improve their primary athletic skills, plus provide an encouraging, positive atmosphere for growth and creating positive habits for life in a building block approach.

Clinic #1: General Age 10 – 13

This is the starting point for developing a well rounded and balanced long term athlete. This clinic will introduce plyometrics, dynamic resistance, in addition to developing a base level of aerobic endurance, speed, and core body strength through stability and medicine ball exercises. This clinic is ideal for athletes age 10 – 13.

Duration: 60 – 70 min 2x per week.

Clinic #2: General Age 14 – 18

This clinic will be a more extensive and intense version of Clinic 1. Athletes participating in this clinic will be expected to have a significant level of core leg and abdominal strength already developed. For the health and benefit of those athletes that will struggle at this stage, participation in Clinic 1 will be recommended over clinic 2, regardless of age. This clinic is ideal for the athlete age 14 and older who is an advanced athlete already exposed to plyometric, core and speed training exercises. Duration: 90 min. 2x per week.

Difference Between Clinic #1 and #2

The difference between the two clinics is simply intensity. Athletes in clinic 2 will be challenged beyond their athletic comfort zone for stamina, strength and coordination. If an athlete is new to intense training methods then clinic 1 is the more appropriate. If the athlete enjoys being physically challenged to their limit and already has a strong aerobic and core base established then clinic 2 may be a good fit.

Adults are welcome to participate with their athlete in either of the two clinics for an additional \$25.00 registration fee. Please consider your own level of physical fitness before registering. We believe in sharing information, knowledge and good lifetime habits and welcome properly engaged parents to develop with their aspiring athlete.

The Lifetime Athlete – Registration Information

Clinic Cost

All clinics are \$50.00 for a six week session, held 2x per week.

Equipment Required

- Running shoes in good condition
- Large bottled water or water bottle
- Appropriately sized medicine ball

For questions regarding size & weight of medicine ball please contact Joel Breazeale.

Equipment Recommended

Exercise / yoga matt

Location

All sessions will be held at Johnson Park at M-11 and Butterworth across from the Grand River.

Dates and Registration

Please check the Clinic that applies:

- Clinic 1 / Mon. and Thurs., begins May 4 @ 6:00 pm.
- Clinic 2 / Mon. and Thurs., begins May 4 @ 7:30 pm.

Students Name: _____

Parent's Name: _____

Primary Sport(s): _____, _____

Address: _____

E-mail: _____

City, State, Zip: _____

Home Phone: _____

Emergency Phone: _____

Age: _____ Birth Date: _____

There are no refunds

Please refer any questions to:

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