



SPEED

EXPLOSIVE POWER

STRENGTH

AGILITY

CONDITIONING



OUR ATHLETES TRAIN TO BE THE BEST... WHAT ARE YOU WAITING FOR?



TOTAL ATHLETE CONDITIONING



Maximize your athletic potential with our cutting edge training system and state-of-the-art training facility

Total Athlete
Conditioning
attn.: Brian Holloway
67R Pent Road
Durham, CT 06422

SUMMER 2007 PROGRAMS

TAC ELITE COLLEGIATE+: Designed for athletes competing at the highest level of competition.

TAC ELITE HIGH SCHOOL (15+): Designed for athletes pursuing a career in collegiate athletics.

TAC JUNIOR DEVELOPMENT: Designed for athletes ages 12-14 y/o looking to improve their chances of reaching a higher level of athletic performance.

NEXT LEVEL HOCKEY: The complete on and off-ice development program designed for the Pro, College, High School, or Junior High school player preparing for the "next level" of competition. Our professional coaching staff will help accelerate your game to the next level utilizing the most advanced training system available.

Visit us on the web:
totalathleteconditioning.com

**WE DEVELOP ATHLETES...
PERIOD!**



TOTAL ATHLETE CONDITIONING

For questions or further information please email:

contact@totalathleteconditioning.com
or call **203-697-2425**

*Program Directors: Brian Holloway,
Peter Alden and Matthew Proto.*

Training takes place at Choate Rosemary Hall