



Recovery, Performance and Nutrition Tactics for Young Athletes

Kevin Ziegler the Strength and Conditioning Coach for Sioux Falls Stampede will give a special presentation to the Sioux Falls Youth Hockey Association, parents, coaches, and players. This presentation is available for all age levels in our association.

When: December 14, 2011 beginning at 7:00pm

**Where: Schroeder Auditorium at Sanford USD Medical Center 1305 W. 18th Street
Auditorium is in the lower level at the main hospital entrance**

Coach Ziegler is nationally recognized in Strength and Conditioning and has worked with top NHL players, as well as college, high school, and youth athletes. He is the former Director of Strength and Conditioning coach for the Phoenix Coyotes and Tampa Bay Lightning of the NHL.

In addition to his duties with the Stampede Coach Zeigler serves as Director of Strength and Conditioning with Octagon, a major sports representation firm. He is also a firefighter with for the City of Minneapolis.

Coach Ziegler provides important information for all of us! Make plans to join us!

