



Off-Ice Training Opportunities for Sioux Falls Flyers Hockey

Avera Sports offers sport-specific strength and conditioning programs

Program History

Avera Sports features the performance enhancement program Athletic Republic™—North America's largest single network of sports performance training centers. The founder of Athletic Republic™, John Frappier, built the world's first-ever hockey treadmill in 1990 in Fargo, ND; and over-night the way hockey players did off-ice training was revolutionized. Since then, the 150+ Athletic Republic™ training centers around the US and Canada have been the go-to year-around training destination for players from the NHL, major college Division I programs and top high schools across the country. Avera Sports has offered hockey treadmill training in Sioux Falls since 2000.

Program Overview

Avera Sports offers both individual and team training packages 2 or 3 days per week. Training sessions for individual packages can be scheduled at your convenience during normal business hours. In contrast, team training sessions are set in advance and require a minimum of 8 players.

The makeup of your training workouts will reflect input from your coaches and consist of agility training in conjunction with either skating or running workouts. All workouts will also include age-appropriate strength training. Additionally, all workouts are led by an Avera Sports staff member.

Who

Our off-ice training packages are geared specifically towards hockey players. Age restrictions for our traditional programs are 10 and up. For specific questions related to age and ability please ask an Avera Sports staff member.

What

Individual training packages:

- 12 sessions: \$300 (+ tax)
- 18 sessions: \$360 (+ tax)
- 24 sessions: \$420 (+ tax)

(A 20% cash discount available on individual programs if paid in full by first session.)

Team training packages (requires 8 or more):

- 12 sessions: \$150 (+ tax)
- 18 sessions: \$200 (+ tax)
- 24 sessions: \$250 (+ tax)

When

Individual training programs, with flexible days and times, can be started at any time throughout the year.

Alternatively, "team" training can be developed with pre-planned training times set up in advance.

Those completing training to get ready for fall tryouts should seek to complete all sessions a minimum of 7-10 days before tryouts begin.

For more information, visit Avera.org/sports
or contact us at 605-322-FAST (3278).