

# SPORTS PERFORMANCE



## PROGRAMS

A variety of training options to fit your agenda!

### Group Training - Seasonal **Great Value!**

- 3 Month, Single Month or Multi Session Packages
- Set days and times
- 1:6 ratio or less - 12 athlete limit/ session
- Includes UNLIMITED Open Gym\*!

### 1:1 / Small Group Private Training

- 1:1, or Groups of 2-6
- Make your own schedule!

### Team Training

- Train at Next Level or at your school/ practice facility
- Up to 24 athletes
- Make your own schedule!

### Total Hockey Training

- We have teamed up with the Rochester Hockey Academy to bring you the most comprehensive hockey specific training program in the Rochester area!
- Our programs include regularly scheduled on-ice and off-ice training sessions all under one roof at Thomas Creek Ice Arena!

# GENERAL FITNESS



## PROGRAMS

Options for those looking to get moving & get fit!

### ROOTS Adult Functional Fitness

- Early morning, evening and Saturday classes available!
- Strong emphasis on COMMUNITY to increase motivation, teamwork & support!
- Safe, FUN and challenging Functional Strength Training for ALL ability levels and ages!

### 1:1 / Small Group Private Training

- 1:1, or Groups of 2-6
- Make your own schedule!

### Open Gym\*

- Use NL facility for independent workouts, to practice skills or use cardio equipment!

### Certified Functional Strength Coaches

- Certified Functional Strength Coach (CFSC) has quickly become the gold standard for Strength and Conditioning coaches around the world due to it's comprehensive and practical approach.
- Our staff has received CFSC certification to bring elite level training programs and coaching to all of our clients and teams!

# NEXT LEVEL STRENGTH AND CONDITIONING

Train at the Next Level,



Play at the Next Level!



# OUR FACILITY

## Next Level Strength & Conditioning is Rochester's premier sports performance training facility at Thomas Creek Ice Arena in Fairport!

This brand new 5,000 foot facility consists of the latest Sports Performance and General Fitness training equipment, including:

- Hammer Strength Power Racks/ Olympic Platforms
- Multi-Functional Pull-up System
- 1,000 Square Feet of Turf for Agility, Plyometric and Skill Specific Training
- 40 Yard Track Strip for Speed Training and Conditioning
- Wide variety of Free Weights, Medicine Balls, Balance Equipment, Sleds, Weighted Vests and Much More!
- Cardio Equipment for Conditioning and General Fitness Clients
- Off-Ice Shooting Area for Hockey Specific Skill Training
- Additional Cardio Equipment



### Location:

Next Level Training Facility  
80 Lyndon Road  
Fairport, New York 14450

### Questions? Contact us at:

info@TrainAtNextLevel.com  
(585) 500-9324

[www.TrainAtNextLevel.com](http://www.TrainAtNextLevel.com)

### Nate VanKouwenberg

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CONTACT INFO



*Our 5,000 square foot training facility in Fairport is unlike any other privately owned facility in the area!*

## OUR PHILOSOPHY



## SPORTS PERFORMANCE TRAINING

*"Hard work without talent is a shame, but talent without hard work is a tragedy!" – Robert Half*

## For the past 10 years, Next Level Strength and Conditioning

has offered the latest in Sports Performance Training to countless Youth, High School, College and Professional Athletes. Our team of knowledgeable strength coaches possess a wealth of experience working with athletes and general fitness clients of all ages and skill levels. We take pride in offering developmentally appropriate programs with sound progressions and sequencing, within a closely supervised environment to maximize results and safety.

Regardless of your age, sport, skill level or training goals, we can help you reach the Next Level!

### Our mission is simple:

Help each client achieve their Sports Performance and General Fitness goals by offering comprehensive, individualized training programs consisting of sound progressions and scientifically proven methods within a closely supervised & supportive environment.

Talent is only a small component of what it takes for an athlete to be successful! For every talented athlete, there are hundreds, if not thousands of others just like them. It is what an athlete does beyond their regular practices and games that will make them stand out above the rest. If you are not willing to put in the extra time and effort to gain an edge on your competition, someone else is and you will be left behind!

Sports performance training will not automatically make you a better player, but participating in a quality training program on a regular basis will give you the physical tools that you need to take your skills to the Next Level! Milling around the gym by yourself with a workout that you found on the internet is not enough.

At Next Level Strength and Conditioning, our team of experienced Strength Coaches will design a comprehensive training program that is tailored to meet your specific needs and coach you through every rep. You will see drastic improvements in Strength, Speed, Power, Agility, Balance, Coordination, Conditioning and much more!