



N218 Stoney Brook Rd. Appleton, WI 54915  
(Conveniently located inside of Soccer Heaven at Highway 441 and Calumet)

Dear Athletes, Parents and Coaches:

Wow, summer has once again been here and gone before we know it. A special thanks to all of the athletes who participated in our summer session, which made it a very busy one. We would like to thank our part-time trainers for doing an excellent job and wish them luck this fall as they head back to college.

As many of you have begun or are approaching your fall seasons, we hope that you will take advantage of our in-season training programs. Maintaining your muscle strength is important in ensuring that you have an injury-free season as well as being able to pick up your training right where you left off once the season has ended. Please see our schedule for a list of available times and as always, feel free to contact us if those times do not work for you.

This fall we will be teaming up with Kirk Olsen of Hatrick Hockey. Many of you have probably already seen Kirk and his staff around SPA training an elite group of hockey athletes. Kirk, himself, has been training hockey athletes for several years and was once himself a hockey player as well as a speed skater. He will be working with the on-ice training and a team of trainers from both organizations will be working together for the hockey off-ice training. We will be utilizing the SPA facility for all of the off-ice training so just a heads up to any other athletes who may see them working out here. Kirk and his staff are very knowledgeable and we are looking forward to this partnership.

*Our next training cycle starts on September 8<sup>th</sup> and runs for 8 weeks through October 30<sup>th</sup>, 2009. SPA will be **CLOSED on September 7<sup>th</sup> due to Labor Day** and will begin our fall cycle the following day, Tuesday, September 8<sup>th</sup>.*

Once again with the school year beginning, we will be offering Sunday make-up training times starting on September 13<sup>th</sup>. These times will be held Sundays from 1-2pm, 2-3pm OR 3-4pm. Please call ahead to set up an appointment if you wish to attend any of these times.

We hope you have a great start to the school year!

Sincerely,

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