



Northeast Sports Training (THE NEST), Southeastern New England's premier Strength and Conditioning facility, will once again be teaming up with Overspeed Hockey to conduct the 2019 summer development off-ice training program, at our Warwick location. The NEST has been helping prepare hockey players to achieve peak performance, for over two decades, including teams and organizations such as the Boston Bruins, Brown University, Providence College, the Boston Junior Bruins, in addition to countless individuals of all ages and ability levels. To ensure the most current and comprehensive player experience, this year, we have added numerous features, not available anywhere else... Small Group and Private Instruction options allow for greater customization / individualization of workouts and scheduling. Exciting new features include cutting-edge equipment and a state-of-the-art Recovery and Regeneration Room, expanded Visual Training Lab, and Velocity-Based Exercise Equipment.

### HEAR WHAT EXPERTS HAVE TO SAY...



"As a Professional athlete, you have to prepare yourself the right way. The guys at the NEST help me do this and I'm sure they can help you to."

Patrice Bergeron  
Captain, Boston Bruins



"We have entrusted NEST with helping our coaching staff prepare our players for the demands of Professional hockey. Mike and his staff have done a tremendous job with the physical development of our players."

Mike Sullivan  
Coach, Pittsburgh Penguins



"I have consistently referred clients to Mike Macchioni and his staff at NorthEast Sports Training with excellent results. The NEST is the place to train, in RI."

Mike Boyle  
Strength Coach Pioneer

## 2019 TRAINING OPTIONS...

GENERALIZED

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### TEAM TRAINING

A hockey-specific workout that addresses the needs of the developing player, in a large group format. Our most economical program with predetermined time slots scheduled around your ice times.

Two sessions, per week programs are \$305  
Three sessions, per week programs are \$405

CUSTOMIZED

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### SMALL GROUP TRAINING

A hockey-specific workout that is *customized* to the needs of each individual, determined by the Initial Assessment. With a 6 to 1, athlete to coach ratio, workouts are more customized. This option, also, allows for greater scheduling flexibility. The group determines workout days/times.

Two sessions, per week programs are \$390  
Three sessions, per week programs are \$540

INDIVIDUALIZED

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### PRIVATE INSTRUCTION

A hockey-specific workout that is *individualized* to the needs of each athlete, determined by the Initial Assessment. 1 on 1 coaching allows for complete restructuring of the session to the specific parameters of one athlete. This option, also, allows for *unlimited* scheduling flexibility.

Two sessions, per week programs start at \$480  
Three sessions, per week programs start at \$630

All programs include: Track workouts (weekly), a sports nutrition class, and visual assessment

SGT and PI include: unlimited facility usage ('open' sessions), Vision Lab, and Recovery / Regeneration Room

**FOR MORE INFORMATION AND SCHEDULE CONTACT THE NEST at  
401-739-1528 or [info@northeastportstraining.com](mailto:info@northeastportstraining.com)**