



EVERETT PHYSICAL THERAPY
SPORTS PERFORMANCE CENTER, LLC
AN IRG AFFILIATE



Mitch Love Off Ice Conditioning Camp



**Tues/Thurs. starting
May 4th, 6 to 7pm**

- 8 training sessions
- 60 minute sessions
- \$80 per athlete
- 2 Make up sessions



Mitch Is Back!

If you want to play like a pro, come train with Mitch Love, former Everett Silvertip Star! This dry land training camp will focus on:

- **Speed and Agility**
- **Strength and Explosiveness**
- **Energy System Development**
- **Balance and Stability**
- **Injury Prevention**

Come see what it takes to play at the highest level with one of Everett's hometown heroes! Call today!

Space is Limited!

1502 Hewitt Avenue ■ Everett, WA
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