



Light the Lamp.

Hockey development will be taken to another level this fall when **Athletic Republic** invades American Heartland Ice Arena in Lincolnwood, IL, to open our fourteenth performance sports training center in the state of Illinois. During the next couple months, Athletic Republic Lincolnwood will finalize renovations to their space upstairs and install the science-based equipment it is famous for.

“We couldn’t be more excited with our facility inside American Heartland Ice Arena. The opportunity to bring this product to the athletes of Chicago Young Americans Hockey Club and Loyola Academy High School is an honor. The community has been eagerly awaiting the arrival of our program, which makes this a very special facility.” Kyle Nettetstad, Athletic Republic – Lincolnwood Owner and Operator

“With the addition of the Athletic Republic program, CYA is taking the steps necessary to ensure our athletes get the best instruction on-ice and off-ice. As Hockey is continually changing and the emphasis on athleticism is rising, the Athletic Republic program will greatly improve the performance of our athletes and teams for years to come.” David Maciuk, Hockey Director Chicago Young Americans Hockey Club

The athletes are instructed by Athletic Republic Performance training staff members, who will devise individualized training programs and cycles to allow the athlete to train safely, properly and assure the athlete will be rested and ready to peak at game time. The Athletic Republic staff will also be incorporating In-Season and Off-Season Team Training Programs for the entire CYA Organization, to maximize each athlete’s development as a hockey player.

“Our focus is to arm our athletes with the knowledge and know how that only professionals receive, whether it is nutrition, testing or just overall skating mechanics. Our objective at Athletic Republic is to give our athletes the advantage and with our AR development model we are able to assure that the athletes train in a periodized manner year round, while taking in account the workloads of the pre-season, in-season, post-season and off-season.” Kyle Nettetstad, Athletic Republic – Lincolnwood Owner and Operator

For More Information on Athletic Republic, visit us at: www.athleticrepublic.com.

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