



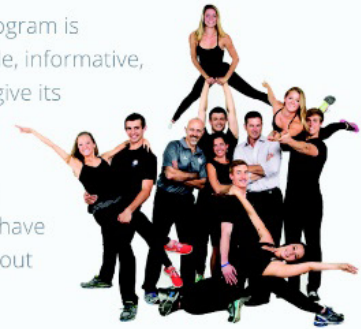
THE ONLY PAIRS
EXCULSIVE
TRAINING CENTER
IN NEW ENGLAND

JOIN THE
TEAM



SKATE PAIRS DEVELOPMENT PROGRAM

Our development program is designed to be flexible, informative, challenging, and will give its participants and families a solid understanding of the pair discipline. If you have ever been curious about pairs, give it a try!



INTRODUCTORY GROUP: \$600

6 WEEK SESSION - rolling admission

The group program runs twice weekly, Wed/Thurs @ 12:50 and 1:40pm. These sessions are geared toward any skater wishing to learn about the basics of pairs. NO PRIOR PAIR EXPERIENCE REQUIRED.

After 6 weeks, the athlete will:
Understand basic hand and partnering holds, tracking for jumps and spins, unison stroking and turn patterns, basic throw technique, basic pair spinning, and death spiral exercises.

WHAT THIS INCLUDES

- On and off-ice group instruction
- Dartfish Video analysis and a personal FrozenFeetTV account
- Initial assessment and access to Michael Cook's strength & conditioning program
- Potential training with our experienced pair athletes!
- *Ice fees (\$12/session) not included*

GET IN TOUCH

skatepairs.com
team@skatepairs.com

34 Massachusetts Ave
Boxborough, MA 01719

   @skatepairs

STRENGTH & CONDITIONING TRAINING

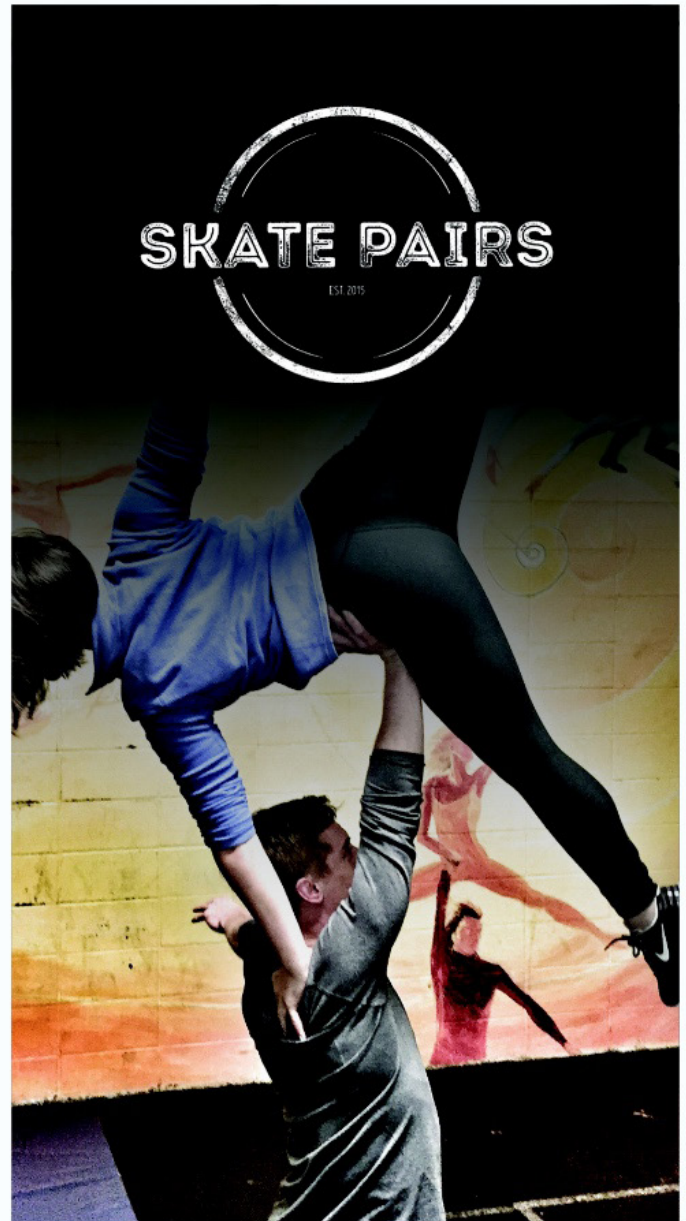


Each athlete in the Skate Pairs program receives an initial physical assessment from trainer Michael Cook, which is used to develop a training plan based on specific individual needs as well as periodization of the athletes' season schedule.

Michael has over 15 years of experience working with all levels and ages of athletes on a daily basis, and is an essential part of the Skate Pairs development program.

**THE CREATIVITY OF
A PROGRAM
TO MEET THE NEEDS
OF AN ATHLETE
IS ONLY LIMITED
BY YOUR MIND** ”

MICHAEL COOK



OUR MISSION

Skate Pairs provides a highly competitive yet safe training environment based on efficiency, dedication, and teamwork. Utilizing proven methods and technologies, our coaches develop technical proficiency and program artistry while aiding in the physical, mental, and personal growth of our athletes.