



CAM FOWLER
Anaheim Ducks

ATHLETE LAB

OFFSEASON PRO DEVELOPMENT



ATHLETE LAB

OUR ATHLETES



“I have been training with 2SP since 2011 season. Through my career I have had to deal with some body related issues. 2SP has seen me through 3 contracts and 3 AS appearances. Most comprehensive training atmosphere in the business.”

-Jimmy Howard | 11-year NHL Veteran, 3 Time All-star



“2SP understands exactly what exercises that I need in order to strengthen my body in the off-season. 2SP is also instrumental in helping injuries heal that happened to me during the season by incorporating the proper exercises and recovery techniques. I am always ready to go for my upcoming season because of his program.”

-Cam Fowler | 7-year NHL Veteran, 1 All-Star Appearance



“This is my 6th summer training with 2SP and I couldn't be happier with where I am at. They helped develop me at a young age and one thing I noticed is their training is a little different every summer I come back because they're always thinking of and implementing ways to set their athletes up to be in the best shape before the season.”

-Josh Norris | 19th Overall NHL Pick 2017, 1st Year Pro



“I trust my guys with 2SP. Love how detailed oriented 2SP is with each athlete. They truly understand all the exercise techniques that are associated with improving player's strength, speed, and conditioning for their upcoming seasons and their on-ice performance improves with their training.”

-Igor Larionov | NHL Hall of Famer, Player Agent



“2SP has helped me improve my athleticism and fitness to be able to compete at the highest level. Outside of their programming and sessions being very challenging; 2SP has helped me become a more well-rounded professional by understanding how to take better care of my body. There are no coaches more dedicated in the field than 2SP.”

-Zach Werenski | 8th Overall NHL Pick 2015, 1 All-Star Appearance

ABOUT US

OUR STORY

2SP Sports Performance is a full-service training company specializing in rotational sports with five locations throughout southeast Michigan. Founded in 2007 by Joe Neal, 2SP Sports has been committed to bettering athletes for almost two decades.

Our custom programs blend disciplines of exercise science, coaching and athletic skill development which implement robust habits that will help you succeed in competition, on and off the ice.

OUR TEAM

Joe Neal

CSCS*D

2SP Strength & Conditioning Coach

Alec Sherk | Athlete Lab

CSCS, MS

2SP Strength & Conditioning Coach

Jordyn Finney | Athlete Lab

CSCS

2SP Strength & Conditioning Coach

Nathan Sier | Athlete Lab

CSCS, MS

2SP Director of Sport Science

Dillon Kelley | Athlete Lab

FRCms

2SP Mobility Specialist

Dr. Erik Barazsu | The Active Fix

CHIRMD

Active Fix Chiropractor/Owner



CLIENTS

100+ ATHLETES, 35 DRAFT PICKS

Justin Abdelkader | NHL | Detroit
Ryan Abraham | OHL | Windsor
Bryan Basilico | ECHL | Kalamazoo
Ryan Bednard | AHL | Carolina
Will Lockwood | NHL | Canucks
Tag Bertuzzi | Euro | Slovakia
Todd Bertuzzi | NHL | Retired
Wyatt Bongiovanni | NCAA | Quinnpiac
Tommy Budnick | OHL | Kingston
Nico Chmelevski | BCHL
Ryan Mast | NHL | Bruins
Ilya Chmelevski | OHL | Niagra
Derek Daschke | NCAA | Minn. Duluth
Danny Dekeyser | NHL | Detroit
Danny Digrande | NCAA | RPI/Canisius
Cam Fowler | NHL | Anaheim
Trevor Hamilton | ECHL | Jacksonville
Marcus Gretz | Euro | Germany
Johnny Gruden | NHL | Pittsburgh
Jimmy Howard | NHL | Retired
Max Humitz | AHL | GR Griffins
Josh Jacobs | AHL | New Jersey
Cam Johnson | NHL | Columbus
Jakub Kindl | NHL/Euro | Germany
Igor Larionov | KHL | SKA
MacKenzie MacEachern | NHL | St. Louis Blues
Tony Malinowski | NCAA | Minnesota State
Tommy Marchin | ECHL | Florida Everblades
Marshall Moise | NCAA | Ferris
Pat Nagle | AHL | GR Griffins
Patrick Czarnecki | USHL | Omaha
Max Namestnikov | OHL | Sarnia
Vladdy Namestnikov | NHL | Detroit
Owen Pitters | OHL | Flint

Josh Nodler | NCAA | UMass
Josh Norris | NHL | Ottawa
Dalton Norris | NCAA | Bowling Green
Coale Norris | ECHL | Kalamazoo
Paul Cotter | NHL | Vegas
Max Jones | NHL | Anaheim
Jordan Oesterle | NHL | Detroit
Alec Regula | NHL | Chicago Blackhawks
CJ Regula | NCAA | OSU
Cam Schilling | AHL | Washington
Logan Stein | NCAA | Ferris/Team USA
Antonio Stranges | NHL | Dallas
Michael Underwood | NCAA | MSU
Zach Werenski | NHL | Columbus
Jonathan Ericsson | NHL | Retired
Jonas Gustavsson | NHL/Euro | Detroit
Andrew Hammond | NHL/AHL | Minnesota
Ben Schultheis | NCAA | Ferris
Cory Emmerton | NHL/Euro | Detroit/Swish
Oliver MacDonald | NCAA | UMASS
Tanner Richard | AHL/Euro | Tampa
Sasha Chmelevski | NHL/AHL | San Jose
Egor Afanasyev | KHL | Nashville/CSKA
Jacob Trouba | NHL | New York Rangers
Ilya Samsonov | NHL | Washington
Nail Yakupov | NHL/KHL | Edmonton
Luke Witkowski | NHL/AHL | Tampa
Christian Wolanin | NHL | Ottawa
Thomas Ebbing | AHL | Montreal
Ryan Beck | NCAA | Colorado College
Xavier Ouellet | NHL/AHL | Montreal
Alex Turcotte | NHL/AHL | LA Kings
Ryan Lautenbach | NCAA | UMass



JOSH NORRIS
Ottawa Senators



THE ATHLETE LAB

📍 23955 Freeway Park Dr., Farmington Hills, MI 48335

13,000 SF. State Of The Art Hockey Performance Center

- Fully Equipped Weight Room
- Cognitive Training Area
- Grab-and-Go Meal Service
- Indoor and Outdoor Turf Area
- Physical Therapy Center
- Recovery Lounge
- Study and Meeting Space

SUBURBAN ICE-FARMINGTON HILLS

Two NHL-Regulation Sized Ice Sheets

- Located across from the Athlete Lab Performance Center
- Shooting area
- Open for on-ice training sessions



OUR FACILITIES

THE PROGRAM

2SP begins the offseason with a comprehensive assessment that analyzes the athlete's range of motion, force production characteristics, and cognitive abilities in measures relative to hockey.

The physical assessment identifies strengths and weaknesses allowing proper design of strength, plyometric, conditioning, and injury prevention work needed to improve. Athletes will be continuously assessed by our expert coaches as the offseason progresses to ensure performance improvements.

Our cognitive assessments identify mental characteristics that may need to improve. These areas include depth perception, reaction time, multiple object tracking, and many other qualities. Improvements in these qualities will not only improve on ice performance but also reduce concussion risk.

Athletes can be reassured that everything we do is designed specifically to prepare them to be their best and be more than prepared for the demands of a professional hockey season.



WILL LOCKWOOD
Florida Panthers

PROGRAM COMPONENTS

CARDIOVASCULAR TRAINING

Hockey specific endurance training to make sure you'll be strong in every shift. Heart rate monitoring and interval training to have you at necessary intensities.

STRENGTH TRAINING

Get strong in movements that will transfer to the ice. We'll use our assessment to design the strength program you need to improve. Our training is enhanced through technology like blood flow restriction and velocity-based methods.

SPEED AND POWER TRAINING

Improve your skating speed and quickness by enhancing your nervous system's ability to rapidly contract your muscles. Force plate, laser sprints, and power testing provide the basis for informed exercise selection ultimately improving skating performance.

MOBILITY

Daily mobility work is implemented to free up needed ranges of motion and to have you feeling good.



MAX JONES
Anaheim Ducks

COMPREHENSIVE ATHLETE ASSESSMENT

RESEARCH PROVEN. ATHLETE TESTED.

(248) 397-8945
@ZSPSPORTS | ZSPSPORTS.COM

ATHLETE OVERVIEW

Name: Athlete Name
Age: 16
Team: Team Name
Level: AAA

Height: 6'4" / 182 cm
Weight: 205lbs / 92 KG
Position: Forward
Dominate Side: na

SHOULDER ASSESSMENT

Shoulder Flexion Left: ✓
Hip IR Left: ✓

Shoulder Flexion Right: ✓
Hip IR Right: ✓

MOVEMENT ASSESSMENT (REMARKS)

Toe Touch (Side View): ✓
Toe Touch (Rear View): ✓
OH Reverse Reach: ✓
OH Squat: ✓
Seated IR Left: ✓
Seated ER Left: ✓

Seated IR Right: ✓
Seated ER Right: ✓
OH Lunge Walk: ✓
Lateral Lunge Left: Externally Rotated Left Foot
Lateral Lunge Right: Externally Rotated Right Foot
Pushup: ✓

PERFORMANCE METRICS

SL Broad Jump Left: na
SL Broad Jump Right: na

Conditioning

6-Second Watt Bike 5/1: 15.2 Watts/KG (1395Watts)
30-Second Watt Bike 5/1:
Avg Power 73B Watts
Distance 486m
Fatigue Factor 63%
3-Minute Watt Bike 1Q/1: 42.5 WQ2




Force Production

Force Plate Vertical: 15.2in
Force Plate Peak Take Off Velocity: 2.83 m/s
Force Plate Braking Force Asymmetry: -5.5 %
Force Plate Peak Relative Propulsive Power: 48.58 W/kg

Pelvic Strength

Force Frame Left Adduction: 393n
Force Frame Right Adduction: 421n
Force Frame Left Abduction: 430n
Force Frame Right Abduction: 434n

POSTURAL PICTURES

FRONT
DOMINATE SIDE VIEW
BACK

RESEARCH PROVEN. ATHLETE TESTED.

(248) 397-8945
@ZSPSPORTS | ZSPSPORTS.COM

HOCKEY ASSESSMENT STANDARDS

SHOULDER ASSESSMENT STANDARD	ASSESSMENT GUIDELINES
Shoulder Flexion Left: 180° Shoulder Flexion Right: 180° *Proper Flexion allows upward rotation of the Scap providing the head of the Humerus space to avoid running into the Labrum. No Internal Rotation Hip IR Left: 35° Hip IR Right: 35° *Proper Internal Rotation Range allows the pelvis to comfortably rotate around the Femur prolonging the deceleration process to begin early.	>180° 160°-170° <180° >35° 25°-34° <25°
MOVEMENT ASSESSMENT CLEARANCE TESTS Toe Touch (Side View): Can the athlete touch the ground? Indicates hip flexion and pulling ability. Toe Touch (Rear View): Does the athlete swing to a side or have a rib hanging during the reach? Indicates restriction in pelvis or upper thoracic. OH Reverse Reach: Can the athlete posteriorly shift their weight? Indicates ability to use hamstring, glutes and calves. OH Squat: Can the athlete rotate their femur around the pelvis and reach simultaneously? Indicates proper mobility and stability of the hips. Seated IR Right: Can the athlete rotate the femur inward? Indicates proper use of TFL, Glute Med/Min, Adductor Longus/Brevis, and Magnus. Seated ER Left: Can the athlete rotate the femur outward? Indicates proper use of Piriformis, Obturator Internus/Externus, Quad Femoris, etc. Seated IR Right: Can the athlete rotate the femur inward? Indicates proper use of TFL, Glute Med/Min, Adductor Longus/Brevis, and Magnus. Seated ER Right: Can the athlete rotate the femur outward? Indicates proper use of Piriformis, Obturator Internus/Externus, Quad Femoris, etc. OH Lunge Walk: Can the athlete alternate deep hip flexion and extension and reach? Indicates core stability, balance and hip strength. Lateral Lunge Left: Can an athlete move in the frontal plane? Demonstrated the ability to stabilize the hip and keep the torso upright. Lateral Lunge Right: Can an athlete move in the frontal plane? Demonstrated the ability to stabilize the hip and keep the torso upright. Pushup: Can the athlete adduct and abduct the scaps, keep the lumbar and head neutral while pressing up with the arms?	Foot Touch No Touch
PERFORMANCE METRICS STANDARD SL Broad Jump: 75.6 inches, Less than 2 inch asymmetry. Force Plate Vertical: The distance the athlete's center of mass traveled upwards during the jump- higher is better. Goal is 18in. Force Plate Jump Momentum: Athlete's mass multiplied by the takeoff velocity. Indicates how fast an athlete can move their mass. Goal is 3300 kg·m/s Force Plate Braking Force Asymmetry: Asymmetry of each individual leg's Rate of Force Development. Positive indicates left dominance, negative () indicated right dominance. Goal is 15% or less. Peak Relative Propulsive Power: Peak power per kilogram during the propulsive phase. Goal is 65-70 W/kg. Peak Takeoff Velocity: The velocity right before the athlete leaves the force plates - this metric dictates jump height - higher is always better. Strongly correlated with skating speed.	>>75.6, <2in diff 70-75in, 2-4in diff <75in, >4in diff >18in 15-17.99in <18in >3% 17-15% <15% >60W/kg 50-60W/kg <50W/kg >3 m/s 2.5-3 m/s <2.5 m/s
POSTURAL ASSESSMENT Front View: 90° line from the umbilical will show asymmetry between sides. Looking at foot position, shoulder height and thoracic rotation. Dominate Side View: 90° line at Lateral Malleolus. Looking at total tilt of body, lumbar extension, joint stacking, and shoulder anterior glide. Back View: Looking at Scapular Resting position, shoulder height, pelvic tilt, foot position, and Thoracic Rotation.	
CONDITIONING METRICS 6-Second Watt Bike: The amount of power an athlete can generate per kg of BW. 30-Second Watt Bike: Measures peak anaerobic power, capacity, and fatigue rate. 3-Minute Watt Bike: Used to determine athlete's capacity to perform a sustained exercise.	>17.6 W/kg/kg, eq 17.5-14.5 W/kg <14.4 W/kg >50 W/kg <50 W/kg

SPORT SCIENCE



HAWKIN DYNAMICS FORCE PLATES

Allows us to create a profile of how much force an athlete generates, as well as how they produce it. This can then be used to individualize programming for each athlete's needs. Monthly monitoring of the results of a CMJ and IMTP will allow us to see how an athlete is progressing in their training. It can also influence the return to play process.



1080 SPRINT

1080 Sprint is used for horizontal resisted or assisted training for sprinting, skating, as well as Change-of-Direction movements which allows us to measure power, force, speed and acceleration. The 1080 also enables testing of the athlete for asymmetry throughout the full sport-specific movement. This enables trainers to detect even the slightest differences in left and right power production.



VALD FORCEFRAME

The Vald Force Frame allows us to assess joint-specific force production asymmetries. Gives real-time feedback to the athlete on their capabilities. Information is then used to create programming to cater to the athlete's needs.



WATTBIKE

The Wattbike is a power based training tool that is unique to athletes' fitness levels. It will measure your power from an in-built strain gauge and can read up to 40 different parameters such as power and average watt per kilo.



VBT ENODE

Velocity Based Training (VBT) is a method of measuring and prescribing strength training based on velocity. By measuring movement speed, it introduces a metric that is both objective and precise. With VBT we can maximize performance without overtraining athletes.

SERVICES

VIZUAL EDGE

A Sports Vision Training tool for Olympic, professional, collegiate, and youth athletes worldwide.

Vizual Edge is a program designed to develop—or improve—fundamental vision skills that are essential to sports vision performance. Each athlete will receive a custom training program based on their visual processing strengths and weaknesses intended to be done 3x a week for 15 minutes each. Vizual Edge is designed to be accessible from any computer or tablet with a WiFi connection.

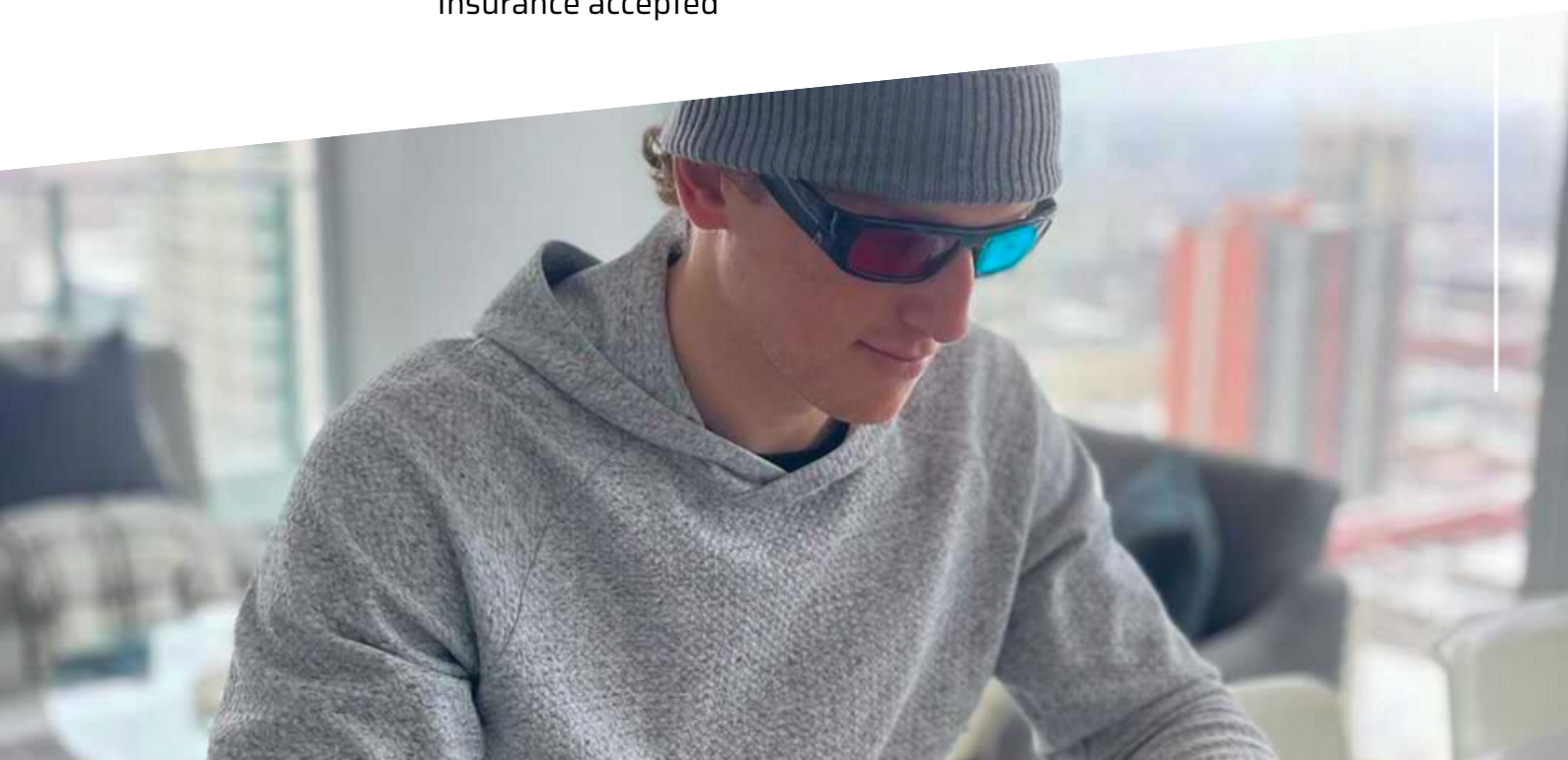
THE ACTIVE FIX: CHIROPRACTIC

The Active Fix combines Active Release Techniques and exercise therapy to treat injuries, eliminate pain, and improve athletic performance. Ran by Dr. Erik Barazsu, he works with athletes of the professional to grade school level. He is a member of the Michigan Chiropractic Association and the American Chiropractic Association.

Monday's & Friday's | 7:00-10:00 AM

Phone: (248) 399-8880

Insurance accepted



RECOVERY



CRYOTHERAPY

Improves total body flow through safely exposing the skin to -180°C . The rapid exposure to cold causes the outermost blood vessels to constrict followed by them dilating after returning to room temperature.



COLD PLUNGE

Cold plunge can decrease inflammation and limit inflammatory responses, ease sore muscles, support your central nervous system and promote better recovery.



INFRARED SAUNA

Infrared saunas can improve blood circulation which is increasingly beneficial for athletes to alleviate muscle soreness, enhance recovery, and improve range of motion.



MARC PRO

Marc Pro systems promote recovery through electrically stimulating the muscles. The stimulation causes muscles to contract to move blood through your system and reduce any potential swelling.



CUPPING

Cupping is a centuries old technique of applying a suctioned cup to a sore or injured muscle group to promote localized blood flow and recovery to that muscle.

PRO SKATES

JULY

Monday, July 8 - 12:00-1:00pm

Thursday, July 11 - 12:00-1:00pm

Monday, July 15 - 12:00-1:00pm

Thursday, July 18 - 12:00-1:00pm

Monday, July 22 - 12:00-1:00pm

Thursday, July 25 - 12:00-1:00pm

Monday, July 29 - 12:00-1:00pm

SKATE DETAILS

Summer skill development and progression located at Suburban Farmington across from the Athlete Lab

Includes laundry and private locker room

Limit: 14 Athletes

AUGUST

Thursday, August 1 - 12:00-1:00pm

Monday, August 5 - 12:00-1:00pm

Thursday, August 8 - 12:00-1:00pm

Monday, August 12 - 12:00-1:00pm

Thursday, August 15 - 12:00-1:00pm

Monday, August 19 - 12:00-1:00pm

Thursday, August 22 - 12:00-1:00pm

Monday, August 26 - 12:00-1:00pm

Thursday, August 29 - 12:00-1:00pm

SEPTEMBER

Thursday, September 5 - 12:00-1:00pm

Monday, September 9 - 12:00-1:00pm

PROGRAM OFFERINGS

Our Performance Training Program addresses the unique needs of advanced athletes. We've created this program to provide our select, uncompromising clientele the highest level of service and attention to the off-season or in-season objectives.



7:30 AM	GROUP 1	INVITE ONLY PRO/DRAFT ELIGIBLE
9:00 AM	GROUP 2	
10:30 AM	GROUP 1	ALL ATHLETES COLLEGE/AAA/JUNIOR
12:00 PM	GROUP 2	
1:30 PM	GROUP 3	
3:00 PM	GROUP 4	
4:30 PM	GROUP 5	

OPEN GROUPS

COLLEGE/AAA/JUNIOR
3-4 DAY A WEEK PROGRAMS

ADD-ON'S | A LA CARTE

Comprehensive Assessment
Supplementation
Cryotherapy (unlimited)
Additional Recovery
Shooting/Skill Area
Vizual Edge

Build Your Custom Training Package

12 sessions/month
Avg. 3x per week

13+ sessions/month
Avg. 3x per week

Inquire About Pricing

Alec Sherk, Program Director
alecs@2spsports.com
(717) 466-0486

INVITE ONLY

PROS/DRAFT ELIGIBLE
4-5 DAY A WEEK PROGRAM

INCLUDED

Comprehensive Assessment
Fuel Station
Supplementation
Pre On-Ice Training
Mobility Bay
Recovery Modalities/Unlimited Cryo
Shooting/Skill Area
Vizual Edge

Pro Skate Add-On
Maximum 14 athletes

Inquire About Pricing

Joe Neal, Program Director
joe@2spsports.com
(248) 842-4083



ATHLETE LAB
OFFSEASON PRO DEVELOPMENT

ALEC SHERK, PROGRAM DIRECTOR
COLLEGE/AAA/JUNIOR
ALECS@2SPSPORTS.COM
(717) 466-0486

JOE NEAL, PROGRAM DIRECTOR
NHL/AHL/OHL/ECHL/SPHL
JOE@2SPSPORTS.COM
(248) 842-4083

2SPSPORTS.COM
CONTACTUS@2SPSPORTS.COM
@2SPSPORTS