



IFAP & HINSDALE HOCKEY

Iron Flag Athletic Performance is focused on preparing the athlete for his season. Our sport-specific training program, dedicated, and knowledgeable coaching staff challenges each athlete to focus on individual weaknesses while continuing to build on their strengths. We are not a cookie cutter program running kids through the same speed and agility drills again and again. We believe in teaching, correcting and creating proper movement.

During the 20 weeks of training athletes will see progress in their strength / agility / acceleration / explosive power.

Every Athlete will be evaluated, three times via Functional Movement Screen (FMS) Pre/ Intra / Post Program.
Strength & Agility Testing

Bringing Collegiate and Professional mindset of Strength and Conditioning coupled with Athletic Trainers of top Division I NCAA schools and Professional Organizations.

Iron Flag AP and RecoverRX work hand in hand making sure athletes move at an optimal level to insure the best performance.

SCHEDULE BREAKDOWN

Weeks 1-8

*FMS (1)

*Strength and Agility Pre

*Fundamental of Movement

patterns and Muscle Development

*Speed Introduction (Acceleration)

*Mobility Session (Sat or Sun)

Weeks 9-14

*FMS Intra (2 during week 10)

*Continued Muscle Growth (3-5 rep Goals)

*Increase technique of Acceleration

(Lv 3 and 4 drills)

*Breathing/Endurance (intro)

*Mobility Session (Continued)

Weeks 15-20

*FMS Post (3)

*Endurance

*Brute Strength

*Competition Mentality (Drills)

*Strength / Agility Testing (Post)

ABOUT OUR OWNER & PROGRAM DEVELOPER: JARED MCGRUFF-CULVER

A local 3 sport athlete that graduated from Downers Grove South. Jared was able to receive offers to play baseball at the next level of which he did for one season before heading to Mizzou to play Football. A 4 yr letterman at Div. 1, Jared was able to create his own destiny being a Walk-on to the team. From there he had a short stint in the NFL and played in the AFL.

All while remaining his eyes on the end goal of running his own facility to help give back to future athletes.

Over 11 years of Performance Coaching, working with Top University's and the Olympic Team

ABOUT OUR ON-SITE PHYSICAL THERAPIST: LUKE GREENWELL, DPT

Dr. Luke Greenwell, a standout 2 sport athlete in Basketball and Soccer, elected to take a scholarship at Western Illinois. Excelling on and off the field, Dr. Greenwell carried on his talents to Midwestern University where he received his Doctorate of Physical Therapy. He continued to challenge himself by obtaining his CSCS, a Certified Spinal Manual Therapist and Certified in Functional Movement Screenings.

"My importance is to get you back on the field of play as quick and safe as possible, without hindering future performance."