

# Who We Are

Next Level Training (NLT) is a fitness and training facility, conveniently located near Route 287 and Route 10. We offer a variety of services, including personal training (one-on-one and group), sport-specific training, hockey-specific training, team training, and nutrition counseling.



With certified trainers, an on-site physical therapist and nutritionist, state-of-the-art weight training equipment, and comprehensive, full-service programs, we give teams, athletes, and individuals the distinct advantage to reach their optimal fitness potential. Our trainers custom design each session to provide a challenging and rewarding atmosphere, and all exercises have progressions and regressions to suit all individuals' fitness levels.

We provide our sport-specific athletes with specific conditioning and dynamic workouts to prepare players for the unpredictable nature of their games. For our hockey players, we have unique hockey-specific equipment to help ensure every player reaches his or her peak performance.

We use our skating treadmill and acceleration ramp to improve skating mechanics and to train the muscles to maximize their full potential. Our stick-handling machine works on puck control, while it simultaneously enhances players' on-ice awareness by forcing athletes to keep their heads up. We use our shooting lanes to teach correct shooting techniques, with a focus on increasing both power and accuracy. Our off-ice training is tailored to the individual players' needs by improving strength, balance, flexibility, and agility.

# Camp Fee



**Goalies - \$225**

**NLT Members\* - \$405**

**Non-Members - \$450**

\*Next Level Training (NLT) members with individual training packages valid during the week of July 6-10, 2015 receive a 10% discount off of the fee for NLT's 2015 Off-Ice Training & Hockey Skills Camp.

# Registration

To register for Next Level Training's 2015 Off-Ice Training and Hockey Skills Camp, call 973.590.2800 or visit Next Level Training at 8 Ridgedale Avenue, Cedar Knolls, NJ.



**July 6-10, 2015**

# Off-Ice Training & Hockey Skills Camp

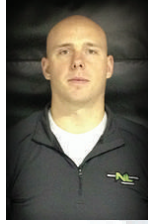
**with Noel Rubin**

**Next Level Training**  
8 Ridgedale Avenue  
Cedar Knolls, NJ 07927  
[www.nextlevelnj.com](http://www.nextlevelnj.com)  
973.590.2800



# Staff/Instructors

## Bill Katinsky



General Manager/Head Trainer at Next Level Training, Bill has been a National Academy of Sports Medicine (NASM) Certified Personal Trainer since 2008. Bill earned his B.S. in Exercise and Movement Science from William Paterson University (WPU). With over 10,000 hours of one-on-one training experience, Bill has trained a broad range of clientele, from young kids to professional athletes.

Bill has been part of the NJ hockey community since his youth. Bill played hockey for Bergen Catholic High School, as well as Wayne Hills High School, where he still holds all scoring records. Bill played Tier I and Junior hockey for the NJ Junior Devils and NJ Junior Avalanche. Following a youth career, Bill played college hockey at WPU, where he served as team captain and set numerous scoring records. Post-college, Bill began coaching several NJ Bandit NJYHL teams.

Bill subsequently became an Assistant Coach at WPU, where he helped guide the Pioneers to three straight League Championships and four straight National Championship appearances. Additionally, Bill was the Head Coach at Wayne Valley High School, where he was named the Passaic County Coach of the Year and NJ Power Ranking Coach of the Year during the 2010-2011 season. That same year, Bill also guided Wayne Valley to its best season to-date, leading the team to a 20-3-4 record, a County Championship, League Championship, and first-ever State Quarterfinal appearance.

## Noel Rubin

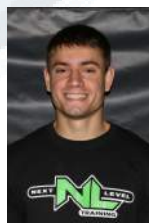


Noel Rubin serves as the Director of Boys Hockey for the NJ Colonials. Noel played hockey professionally in Sweden for two seasons as part of the Ik Skaret and IF Husums clubs. His playing experience also includes the Reno Renegades of the WCHL and the Nashville Nighthawks of the CHL. Noel's qualifications also include:

- Atlantic District USA hockey staff (2002-2008)
- AYHL Champions (2012, 2010, 2009, 2008, 2007, 2006)
- Qualified for National Championships (2012, 2011, 2009, 2007)
- Head Coach Tier I Pee Wee Major National Champions (2011)
- Head Coach Tier I Pee Wee Major National Finalist (2012)

Utilizing the European method of training, Noel places an emphasis on every player's skating game, as well as on puck control and scoring. Noel has a Level 5 Master coaching certification and has been involved with the NJ Colonials for 13 seasons.

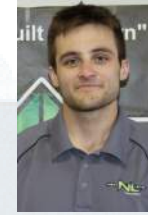
## Thomas Barrett



A trainer at Next Level Training, Thomas is a National Council for Certified Personal Trainers (NCCPT) Certified Personal Trainer. Thomas has a degree in Exercise Science from the County College of Morris and is currently finishing up his Bachelor's Degree in Health and Exercise Science from The College of New Jersey. Prior to joining Next Level, Thomas trained a plethora of sport-specific athletes, such as a US youth national soccer team member; a US collegiate rugby player; college basketball and soccer players; and high school tennis, football, basketball, and soccer players.

When he was just 18 years old, Thomas set the International Powerlifting Association's world record in the bench press for an amateur in the 18-19 year old division, 123 lb. weight class (the record was subsequently broken the following year in Russia). Thomas played varsity soccer for both County College of Morris and The College of New Jersey, the latter of which is Division III. He was both a varsity soccer and varsity basketball player in high school. He has coached various recreational teams and youth groups in soccer, basketball, and volleyball.

## Trey Peacock



A trainer at Next Level Training, Trey is currently studying to become a National Academy of Sports Medicine (NASM) Certified Personal Trainer and is attending William Paterson University to earn a Bachelor of Science degree.

Trey has had a lifelong commitment to the game of hockey. Trey played Tier I Hockey for the NJ Colonials from Mites through Midgets. Trey graduated from Morristown High School as a 4-year Varsity player and served as Captain during both his Junior and Senior years. Trey can be found close to the top of numerous scoring records at Morristown High School.

After high school Trey played for the County College of Morris in the NJCAA, where his team won the Metropolitan Collegiate Hockey Conference Championship (2012). Trey then went on to play for the William Paterson University Ice Hockey team, for whom he currently plays and with whom he won the Super East Collegiate Hockey League Championship (2013).

Trey has a USA Hockey Level 3 coaching certificate and has been helping to coach local programs, such as the NJ Freeze and NJ Colonials.

Trey will serve as an assistant coach for the Kinnelon Colts Pee Wee A Team this coming season.

# Summer Camp Details\*

## July 6-10, 2015

**9:00 a.m. - 10:00 a.m. - Speed Training (Next Level Training)**

**10:00 a.m. - 11:30 a.m. - Hockey Skills (Next Level)**

A session to enhance hockey skills using Next Level's specialized hockey training equipment, including its synthetic ice shooting lanes and stick-handling machine.

**11:30 a.m. - 12:30 p.m. - Lunch**

**12:30 p.m. - 2:00 p.m. - Dryland Training (Next Level)**

An off-ice training session consisting of high intensity interval training (HIIT) circuits.

**2:00 p.m. - 3:00 p.m. - Team Building Activities (Next Level)**

**3:45 p.m. - 5:15 p.m. - On-Ice Session (Twin Oaks Arena)**

An on-ice hockey session led by Noel Rubin.

(Note: Transportation will be provided from Next Level Training to Twin Oaks Arena)

**5:30 p.m. - Pickup (Twin Oaks Arena)**



\*Camp eligibility: Grade 8 and under