



# ATHLETE LAB CAPABILITIES DECK

**2SP**  
SPORTS PERFORMANCE



**ATHLETE LAB**

# OUR ATHLETES

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“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

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## 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 over a decade.

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

2SP Strength & Conditioning Coach

### **Jordyn Finney | Athlete Lab**

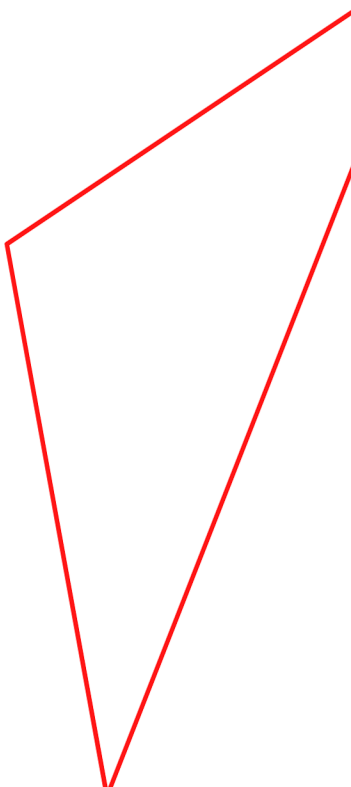
CSCS

2SP Strength & Conditioning Coach

### **Nathan Sier | Athlete Lab**

CSCS, MS

2SP Director of Sport Science



# CLIENTS

## 100+ ATHLETES, 35 DRAFT PICKS

Justin Abdelkader | NHL | Detroit  
Ryan Abraham | OHL | Windsor  
Bryan Basilio | 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  
Ilia 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





## 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 LAB Performance Center
- Open for on-ice training sessions

# OUR FACILITIES

# THE PROGRAM

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2SP starts each athlete 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 assessments find their personal strengths and weaknesses, which allows us to design the strength work, plyometrics, and injury prevention work needed for them to improve. Athletes will be continuously assessed by expert coaches as the offseason progresses to see in which areas their program needs to be adapted.

Our cognitive assessments will find which mental characteristics may need to improve. These could include depth perception, reaction time, multiple object tracking, and many others. 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.



# PROGRAM COMPONENTS

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## **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.

## **TOTAL BODY 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 bands and velocity-based training.

## **SPEED AND POWER TRAINING**

Improve your skating speed and quickness by enhancing your nervous system's ability to rapidly contract your muscles. We will time different sprints to assess progress and program a variety of jumps all designed to improve your skating ability.

## **MOBILITY**

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



# COMPREHENSIVE ATHLETE ASSESSMENT

RESEARCH PROVEN.  
ATHLETE TESTED.

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

**ATHLETE OVERVIEW**

<p>Name: Athlete Name Age: 16 Team: Team Name Level: AAA</p>	<p>Height: 6'4" / 182 cm Weight: 205lbs / 92 KG Position: Forward Dominate Side: na</p>
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**SHOULDER ASSESSMENT**

Shoulder Flexion Left: ✓ Hip IR Left: ✓	Shoulder Flexion Right: ✓ Hip IR Right: ✓
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**MOVEMENT ASSESSMENT (REMARKS)**

<p>Toe Touch (Side View): ✓ Toe Touch (Rear View): ✓ OH Reverse Reach: ✓ OH Squat: ✓ Seated IR Left: ✓ Seated ER Left: ✓</p>	<p>Seated IR Right: ✓ Seated ER Right: ✓ OH Lunge Walk: ✓ Lateral Lunge Left: Externally Rotated Left Foot Lateral Lunge Right: Externally Rotated Right Foot Pushup: ✓</p>
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**PERFORMANCE METRICS**

<p>SL Broad Jump Left: na SL Broad Jump Right: na</p> <p><b>Conditioning</b></p> <p>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 10/1: 42.5 W02</p>	<p><b>Force Production</b></p> <p>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</p> <p><b>Pelvic Strength</b></p> <p>Force Frame Left Adduction: 393n Force Frame Right Adduction: 421n Force Frame Left Abduction: 430n Force Frame Right Abduction: 434n</p>
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**POSTURAL PICTURES**

FRONT

DOMINATE SIDE VIEW

BACK

RESEARCH PROVEN.  
ATHLETE TESTED.

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## HOCKEY ASSESSMENT STANDARDS

**SHOULDER ASSESSMENT STANDARD**

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.

**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 hamstrings, 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?

**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 kgm/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 <10% 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.

**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.

**ASSESSMENT GUIDELINES**

>180°	160°-170°	<160°
>30°	25°-34°	<25°
Full Touch		No Touch
>75.6, <26.0ft	70-75in, 2.4n off	<70in, 2n off
>18in	15-17.99in	<15in
>3%	1-15%	<10%
>60W/kg	50-60W/kg	<50W/kg
>2 m/s	1.5-2 m/s	<1.5 m/s
>115 W/kg	17.5-14.5 W/kg	<14.5 W/kg
>250 W02		<250 W02



# SERVICES

## **S.M.R.T. METHOD**

SIGHT, MIND & RESPONSE TRAINING

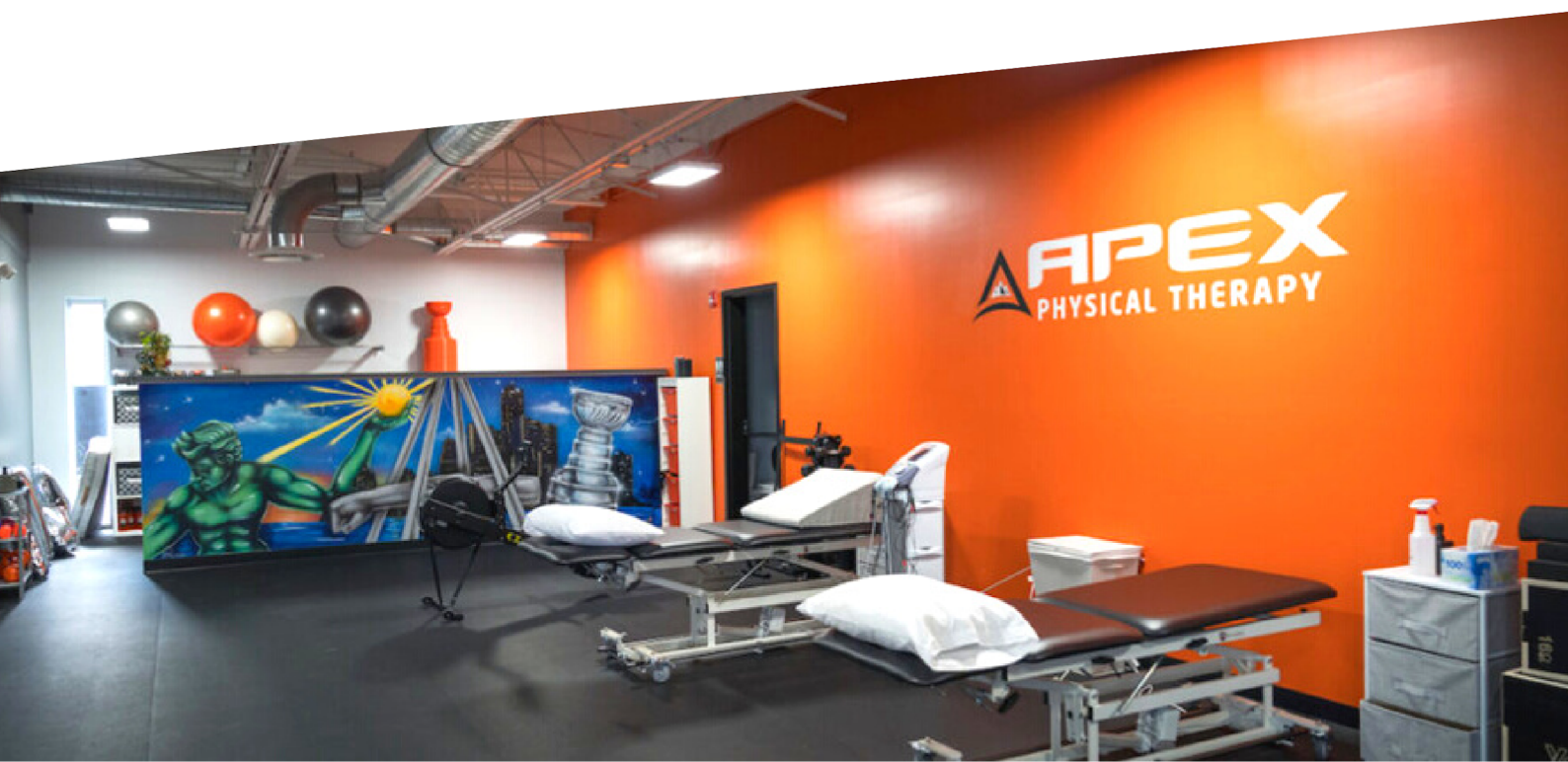
Improve cognitive functions and on-ice decision making with:

## **SENAPTEC TECHNOLOGY**

State-of-the-art sensory evaluation and training device designed to assess the visual and sensory performance of the modern athlete. Senaptec will test each athlete on 10 sport-relevant visual and sensory performance skills.

## **APEX PHYSICAL THERAPY**

Apex Physical Therapy provides one-on-one care through customized, hands on manual therapy techniques and corrective exercises that get to the root of your problem.



# RECOVERY

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## **CRYOTHERAPY**

Improves total body flow through safely exposing the skin to  $-180^{\circ}\text{C}$ . The rapid exposure to cold causes the outermost blood vessels to constrict followed by them dilating after returning to room temperature.



## **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.



# 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	<b>INVITE ONLY</b> <b>PRO/DRAFT ELIGIBLE</b>
9:00 AM	GROUP 2	
10:30 AM	GROUP 1	<b>ALL ATHLETES</b> <b>COLLEGE/HS</b>
12:00 PM	GROUP 2	
1:30 PM	GROUP 3	
3:00 PM	GROUP 4	
4:30 PM	GROUP 5	

## COLLEGE/HS/YOUTH 2-4 DAY PROGRAMS

### ADD-ON'S | A LA CARTE

Comprehensive Assessment - \$50/per

Supplementation - \$100/mo

Cryotherapy (unlimited)- \$150/mo

Additional Recovery - \$100/mo

S.M.R.T. Training - \$125/mo

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### Build Your Custom Training Package

8 sessions/mont | \$360/mo

12 sessions/month | \$480/mo

16 sessions/month | \$550/mo

### Contact

Alec Sherk, Program Director

[alecs@2spsports.com](mailto:alecs@2spsports.com)

(717) 466-0486

## INVITE ONLY PROS/DRAFT ELIGIBLE 4-5 DAY PROGRAM

### INCLUDED

Comprehensive Assessment

Fuel Station

Supplementation

Pre On-Ice Training

Mobility

Recovery/Unlimited Cryo

S.M.R.T. Training

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Inquire About Pricing

Joe Neal, Program Director

[joe@2spsports.com](mailto:joe@2spsports.com)

(248) 842-4083



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