

SPORTS SPECIFIC TRAINING

Program is committed to optimizing athletic performance and reducing the potential for injury through comprehensive training programs that improves core strength and balance, increases explosive power, and enhances agility and speed in the athlete's sport of choice. This program is a combination of traditional strength training and strongman functional training designed to help an athlete reach his/her full potential. It is implemented as a training system, not as training sessions. It is a progressive system that changes the difficulty levels and the types of exercises used.

CHRIS HATLEY

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Director of Strength/Conditioning

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CALL FOR FREE CONSULTATIONS

Sports Specific Training

www.dulins.net

DULINS
Sports Complex

DULINS SPORTS COMPLEX
7790 FISCHER STEEL RD.
CORDOVA, TN. 38018

Sports Specific Training

Featuring Director of Strength/Conditioning:

Chris Hatley

- * Health Pre-Assessment
- * Strength Training
- * Flexibility Training
- * Assessments
- * Training System, NOT Sessions
- * Group Training
- * Speed Training
- * Agility Training
- * Periodic Progress
- * Year Long Program
- * One on One Training
- * Design Program for Your Team



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CHRIS HATLEY

Director of Strength/Conditioning

Chris Hatley began his training career while attending Northwestern State University in Natchitoches, Louisiana while playing football. He holds certifications in personal training through the International Sports and Science Association (ISSA) along with being a youth fitness specialist through the International Youth Conditioning Association (IYCA), Fitness Therapy (ISSA) biomechanics of assisted strength (ISSA) and strength and conditioning specialization. He was owner and operator of Phoenix Fitness Studio for 5 years in Bolivar, Tennessee until moving to Las Vegas where he was the Director of Strength and Conditioning for the Las Vegas Sports Complex. Currently, he is the Director of Sports Specific Training for Arkansas Methodist Medical Center and has worked extensively for the past two seasons with the Greene County Tech boys Basketball team and for the past year with Crowley's Ridge College Baseball team.

Chris has 26 years of training experience and is currently a member of the National Strength and Conditioning Association (NSCA).

PROGRAM DESCRIPTION & TESTIMONIALS

Dulins Sports Complex is proud to offer this Sports Specific Training Program. I have designed this program to help athletes reach their full potential and their personal goals throughout the year. The scientific principles and foundation that is used is the same for all athletes. Depending on an athlete's specific sport, lifting and drills are added to improve key areas of the sport for which the athlete is training.

The program is broken down into three phases: Off-Season, Pre-Season, and In-Season. Each workout is divided into four areas: Endurance, Muscular Growth, Power-Strength, and Maintenance. From each of these phases, it is determined the athlete's need in his/her sport and how long to remain in each phase.

The main difference of this program is the combination of traditional lifts with an array of strongman exercises for functional training. This method of training is both unique and successful. It has helped over 30 athletes reach their goals of playing at the collegiate level on sports scholarships. This program is the result of scientific research, dedication, and hard work.

Christopher Hatley

"Christopher has become a wonderful asset to our basketball program and is one of the keys to getting us to the next level."

*Scott Bowlin, Head Coach
Greene County Tech
5A State Champs 2008-2009*

"I am implementing the program for our basketball team at Fort Smith Southside High School. I feel the philosophy and theories of the program will only help our program improve."

*Charles Cooper, Head Coach
Fort Smith Southside*

"Christopher's expertise & enthusiasm when it comes to training athletes, has made a believer out of me. We will be implementing Christopher's program with our girl's basketball team at Mt. Home".

*Dell Leonard, Head Coach
Lady Bombers*

"During my ten years of coaching at Mountain Home, I have used six different weight programs; none of the previous programs were designed as well as Christopher's. I appreciate the time and effort Chris has put into helping our program get to the next level."

*Mitch Huskey, Head Coach
Mountain Home Boy's Basketball*

SPACE IS LIMITED ~ SIGN UP TODAY!

"LEARN WHAT THE PROS ARE TEACHING"