

The **Litchfield Athletic Club** provides a comprehensive **SmartTrain™ Sports Specific Training** program designed to motivate the athlete, and enhance and improve athletic performance in a variety of sports. We work with individual athletes, as well as teams looking to prepare for a competitive season. Our **SmartTrain** trainers are nationally certified to provide the athlete with a solid foundation of exercises and workouts. It is our intention to build confidence and develop skills for competitive distinction while teaching the importance of focused discipline, good sportsmanship, and teamwork.



SPORTS SPECIFIC TRAINING

SPORTS SPECIFIC PROGRAMS

- Baseball
- Softball
- Basketball
- Field Hockey
- Cross Country Running – Track (Indoor/Outdoor) & Field
- Golf
- Soccer
- Swimming
- Tennis
- Crew
- Ice Hockey



ADDITIONAL SPORTS SERVICES

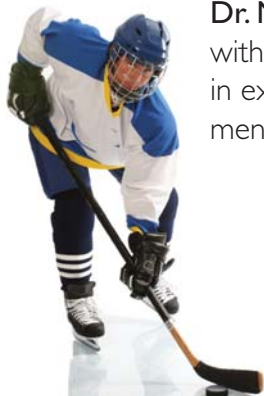
Sports Nutrition

Carla Hooper Angevine is a registered dietitian with an MS degree in Nutrition and Exercise Physiology. Carla provides sound evidence based sports nutrition guidelines in order to achieve peak performance.



Sports Psychology

Dr. Norman Christiansen is a Certified Sports Psychologist with an Ed.D. in Counseling Psychology with a concentration in exercise psychology. Norm trains athletes in developing mental skills that increase focus, concentration, confidence and relaxation.



LITCHFIELD ATHLETIC CLUB

599 Bantam Road., P.O. Box 1001, Litchfield, Connecticut 06759 • 860.567.3510

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