Strength and Conditioning Partnership

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FOR IMMEDIATE RELEASE

PRINCE GEORGE, BC â€“ The Prince George Spruce Kings of the British Columbia Hockey League (BCHL) are pleased to announce their partnership with The Factory Hockey Training in Prince George as the strength and conditioning fitness facility. The partnership will provide personal fitness training for the players designed to deliver results in their pursuit of hockey excellence.

The Factory Hockey Training Company is led by former Vancouver Canucks Jeff Tambellini, Head Strength Coach Jon Bula and founder Troy Dalton (Spruce Kings alumni 1993-1996). The three owners have a unique combination of over six decades experience playing the game of hockey, sports education and athlete development. For over ten years Factory Hockey Training has trained hundreds of players and teams in off-ice strength and conditioning as well as on-ice skill development.

"Factory Hockey Training is excited for the opportunity to partner with and provide our unique approach to in-season strength and conditioning to the 2012-13 Prince George Spruce Kings," said Factory Hockey Training owner, Troy Dalton. "As a former Spruce Kings captain (1995-96) I am proud to be able to get involved again and help continue the rich and winning tradition of the organization."

The team's training will be headed by Kris Russell, a Factory Hockey Training Strength Coach with the Prince George facility. Eight years of training experience, two with Factory Hockey as strength coach, has established Kris as one of the top strength coaches and personal trainers in Prince George. Over the years Kris has developed programs for every age group and level, including provincial and national athletes in a variety of sports including hockey, volleyball and biathlon.

The Factory's goal is to develop confident athletes and better hockey players through a real hockey environment where players are put through integrated off-ice stick handling, hand-eye, peripheral vision and quick hands drills that are practiced relentlessly. This is Factory Hockey Training â€“ Building Better Hockey Players.

For more information on The Factory Hockey Training check out their website, twitter and Facebook pages.