



PEAK Performance Announces New Location at NorthStar Sports Complex

ALEXANDRIA, Minn. (July 6, 2018) – The NorthStar Sports Complex is on track to open this fall. The facility includes a field house, skating rink, chapel and will be home to the PEAK Performance training center.

PEAK Performance is a training program offered by *Heartland Orthopedic Specialists*. It is a systemic approach to maximize a participant's potential and involvement, as they evolve through a sport. This framework is based on scientifically proven growth and development principles which define key benchmarks that every participant needs to achieve at each level. Tailoring a child's sports development program to suit basic principles of growth and maturation, especially during the "critical" early years of their development, enables him or her to fully reach their full potential and reduce the chance of injury.

“Our training is based on functional movements that develop better overall athletes, not just in hockey, but in all sports,” Says Mike Doyle Administrative Director for Heartland Orthopedic Specialists, “When you start playing young, and specialize only in a specific sport, you start seeing overuse injuries. We try to broaden the training and encourage multi-sport athletes.”

PEAK Performance is for kids elementary age through college. They also have Titleist Golf programs directed toward anyone wanting to improve their game from youth to seniors.

“Thanks in large part to the hard work of Nate Stark our fitness specialist, we’ve continued to expand the PEAK program and we see the NorthStar Sports Complex as a tremendous opportunity to grow in a facility that shares a similar vision.” Says Doyle.

The NorthStar Sports Complex vision is to provide a safe place where athletes can come to compete while being uplifted by transformational coaches who invest in athletes lives both on and off the field of competition. The Sports Complex provides facilities for: Hockey, Soccer, Baseball, Softball, Golf and other activities. There will be programs, camps and clinics related to those sports for players of all ages.

The NorthStar Sports Complex will be the primary location for PEAK Performance training beginning November 1. They will continue to run satellite camps at schools in the surrounding areas. For more information visit www.heartlandorthopedics.com or call (800) 762-1177.

To date the NorthStar Group has raised approximately 82% of the \$8.5 million goal.

About The NorthStar Group

The NorthStar Group is comprised of men and women who are committed to investing in academic development, physical training and spiritual enrichment of students and athletes. We do this by incorporating Christian principles into education, sports and mentoring through quality coaches within our community, the north central region and the United States.

For more information about this press release, please contact:
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About Heartland Orthopedics

Since 1974, our doctors and staff at Heartland Orthopedic Specialists have been the trusted orthopedic experts in Alexandria, Willmar, Morris, Appleton, Graceville, Wadena, Fergus Falls, and the surrounding areas. We are the proud orthopedic team doctors for several local high schools and colleges, and our goal is to return each and every one of our patients back to their active lifestyles quickly and safely.

For more information about this press release, please contact:

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Attachments

1. Exterior rendering of building