

Summit Training Hall – For Your Personal Best



It's all state-of-the-art and spankin' new.

Knight athletes are loving the new equipment in the Summit Training Hall. It's made by the same company that services pro and college teams, including the Green Bay Packers, Chicago Bears, Indiana Hoosiers, and Wisconsin Badgers.

Add the expertise of our National Strength & Conditioning Association-certified coach, Professor Sam Hunter, CSCS, and what you get is a remarkable impact on MLC athletes.

As our strength and conditioning coach, Professor Hunter creates performance programs, discusses team goals with coaches, leads team training sessions, and works with injured athletes. "Whether in-season or off-season," he says, "each team program is monitored to ensure achieving the overall objectives within the program cycle."

With this new equipment, which allows for more movement opportunities and greater safety, his goal is to "maintain a standard of excellence in order to produce the best possible product for our athletic sport teams."

It's working. With Coach Hunter's guidance and this equipment, many Knight athletes are achieving new

personal records—and quickly! But don't take it from us. What do the athletes themselves have to say?

Jude Pederson (*LPS / football*): "The new equipment is awesome, because it has everything you need to get stronger as an athlete, and it's brand new! I've gotten personal records, thanks to the equipment and Coach Hunter's program."

Abbee Olsen (*Manitowoc LHS / cross country & track*): "I like the added dumbbells for more efficient work, as well as the additional squat racks. It's helped me get stronger and push myself farther than I thought I could go."

Tom Balge (*LPS / football & basketball*): "There is ample space for the entire sports team to work out at the same time. Since high school I've gotten much stronger, thanks to Coach Hunter and the new equipment."

Ava Stein (*Lakeside / basketball*): "I love the new lifting equipment! My shot has been so much better and feels more effortless. I've been getting so much stronger, and I love seeing the results!"

Check the digital newsletter for photos of all these athletes!