



PRESS RELEASE

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Blackhawks Head Strength & Conditioning Coach Paul Goodman opens training facility & group sessions for the general population.

CHICAGO, IL - Blackhawks Head Strength & Conditioning Coach Paul Goodman has opened his own private training facility “Goodman Elite Training” at Fifth Third Arena, Chicago Blackhawks Community Ice Rink and is now offering group performance sessions to the general population. Goodman has long been the “Go-To” trainer for pro athletes in Chicago and now he has a brand new establishment to call his very own. Goodman Elite Training accommodates pro athletes, a developmental training program for aspiring pro athletes, and will now provide sessions to any individual, regardless of fitness level, who is striving to improve their active performance or simply lead a healthier more successful lifestyle. Enrollment at www.goodmanelite.com includes daily general population small-group performance sessions, group conditioning sessions as well as private sessions that can be appointed from one-on-one individual training to large-group coaching; in fact, he and his coaches have already trained entire teams in his new facility. Goodman states, “My name is on the door. My expectation of production from myself and my staff is to provide the absolute best possible service to each client.” Current clients range from Fifth Third Arena’s resident hockey teams to International athletes passing through Chicago seeking preparation for Combines, team tryouts and the like, to professional athletes loyally seeking Goodman’s expertise and now a general fitness and performance population.

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GOODMAN ELITE TRAINING
1801 West Jackson Boulevard
Chicago, IL 60612

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opens training facility for the general population.**

Goodman Elite Training's approximate 4000 square foot space is dedicated solely to servicing Goodman's clients and operating his fully-staffed concierge training business. In addition to performance and conditioning sessions, a recovery lounge, massage and nutrition services are offered. Another Goodman Elite Training perk, a rare find in the City of Chicago, plentiful free parking! According to Paul Goodman "At Goodman Elite Training we aim to provide a thoughtful training connection to any individual serious about striving to have the most potential as a human. Not just as an athlete. This partnership can range from a small group environment to a private coaching environment. My coaching staff and I are very excited for the opportunity to work directly with the general population."

Goodman, currently in his 12th season with Chicago Blackhawks holds two master's degrees (Rose Bowl ring, undergrad degree and his first master's degree from the University of Wisconsin where his tenure included Head Strength & Conditioning Coach capacities) and is earning his PhD from world renowned sports science & research school Auckland University of Technology - Sports Performance Research Institute of New Zealand "SPRINZ" and is also in final stages of a massage license at SOHMAR School of Holistic Massage and Reflexology. Goodman has recently co-authored the book "Hockey Anatomy" (with team orthopedic surgeon Michael Terry) an illustrated resource manual to help any player interested in learning about hockey specific development and mobility; highlighted by an impressively written foreword by Chicago Blackhawks Captain, Jonathan Toews.

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Paul Goodman's relevance and respect in the industry shows - he has trained pro athletes now numbering in the hundreds ... tallying more than a decade of training Chicago Blackhawks Elite including Jonathan Toews, Marian Hossa, Patrick Kane – Goodman has taken home some serious hardware (Three Stanley Cup Championship rings) and in '16 Artemi Panarin snagging the Calder Trophy plus Kane's NHL MVP win under Goodman's leadership in the Blackhawks weight room. Blackhawks Defenseman Connor Murphy opting to stay in Chicago this summer, is already working his off-season program alongside Goodman and comments, "Paul is a guy who is in it for the long haul – making sure you are maximizing your performance as a person or athlete." Goodman has also trained NFL and MLB athletes and Olympians including women's national ice hockey gold medalist Kendall Coyne.

This week at Goodman Elite Training, Chicago based pro hockey athletes including Ryan Hartman, Scott Darling and Tommy Wingels got to work early on their off-season program; typically hockey pros start off-season training in June. Goodman says "It is not unusual for guys like Ryan, Scott and Tommy to make a big and early commitment to their off season program." Scott Darling adds, "Paul understands the physical demand of an NHL goaltender but he also understands what it takes for ME to be an NHL Goaltender. I'm a better and more aware athlete when I'm training with Paul." Entrusting Goodman with his off season program Ryan Hartman says "I've been training with Paul since I was first drafted. I know that when I'm training with him, I will be prepared to be successful on the ice. I am so happy that Paul now has his own place so that he can train me in his environment and also train others."

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Goodman Elite Training, owned and operated by Chicago Blackhawks Head Strength and Conditioning Coach Paul Goodman brings over two decades of pro level training experience and high level sports science education to the general population. Through a culmination of Paul Goodman's knowledge and endless pedigree, he is able to make an accurate thorough assessment of individual physical capacity and apply a customized development plan. Your training partnership with Goodman and his staff, coupled with his unique programming style will empower you to a level of development you didn't know you could achieve. Goodman Elite Training is located on the second floor of Fifth Third Arena - Chicago Blackhawks Community Ice Rink. Located at 1801 W. Jackson Blvd, Chicago IL 60612. Registration for sessions at www.GoodmanElite.com or by calling (630) 207 – 5900 .

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