

FOR IMMEDIATE RELEASE

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Detroit Red Wing *Grind Line* returns to the ice to teach youth the game of hockey

TROY – The Red Wings Grind Line -- Kris Draper, Kirk Maltby and Darren McCarty are back on the ice together to deliver a four-day youth hockey school.

Kris Draper has been delivering a hockey school for the past three off-seasons with CORE Sports Fitness, where he is co-owner with Dr. Jeff S. Pierce. During the camp, a few surprise guests from the Red Wings typically come on the ice to help out and sign a few autographs. On August 22nd, joining Draper on the ice throughout the week will be the rest of the Grind Line; Maltby and McCarty. The Grind Line Fundamental Hockey School is for player's ages 6-13, August 22-25 at CORE Sports Fitness and Troy Sports Center.

"I started talking to Maltby about it during a round of golf. He wanted to do it, and then we wanted to include Mac as well, sent him a text and he was on board right away," Draper said. "We talked about how much fun the three of us have had playing for the Red Wings and the friendship we've created, and thought it'd be pretty neat to put a hockey school together."

The skaters will have 3-5 hours of training per day with the Grind Line, receive a t-shirt, jersey and back pack all sponsored by Warrior. The technical focus will be on skating, passing, puck handling and shooting. Off-ice training will be in CORE Sports Fitness Center including the BLADE Skating treadmill. In addition to the Professional staff of Instructors from CORE, the Red Wings head athletic trainer Piet Van Zant will be participating with CORE to discuss nutrition and show some of the off-ice training routines used by the Wings.

"They're going to do the treadmill, agility work, a lot of foot-speed drills," Draper said, "that we even do at the NHL level in our off-season training as well."

The Grind Line refers to a former forward line for the Detroit Red Wings. Red Wings head coach Scotty Bowman modeled it after the Crash Line of the 1995 Stanley Cup champion New Jersey Devils. The line was effective at "grinding" and wearing against the opposition's top scoring line by providing an enforcing presence, helping the team win three Stanley Cups.

For more information and to register, visit www.coresportsfitness.com or call 248-619-0900.

Core Sports Fitness is an athletic training facility where any athlete can come to develop and strengthen the core skills necessary for success in all sports. Located inside the Troy Sports Center, CORE was founded in order to allow all athletes' access to the best training staff and equipment possible in order to achieve their personal athletic goals. CORE is co-owned by Michigan Sports and Spine Center Medical Director, Jeff S. Pierce, D.O., and Detroit Red Wing Kris Draper.