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# New Muskegon training center aims to elevate game of student-athletes

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**MUSKEGON, MI** -- Mona Shores girls basketball standout Jordan Walker couldn't complete a single pull-up last summer.

That's a problem, Walker said, because next year, [when she goes to Western Michigan University](#) to play for the Broncos, the competition is going to be bigger, faster, stronger.

She said her trainer then suggested she take a strength course at PEAK Training Academy, a new downtown Muskegon sports center geared toward student-athletes.

Soon after her three-week course, she was singing its praises to her coach and enlisted the Mona Shores girls basketball team to train there.

"Since I came in the summer, I saw a lot of results and felt my team could benefit from that," Walker said. "Before I couldn't do a pull-up, and now I can do six, so I saw a big jump in my upper-body strength and game."

The downtown Muskegon training center aimed at getting student-athletes to the "next level" of performance officially opened Monday with a ribbon-cutting ceremony that evening.

**PEAK Training Academy**, located in the 6,000-square-foot L.C. Walker Arena annex, boasts a number of classes and camps for athletes at the middle school through college level.

Some of the regiments and programs are focused on a specific sport, while others are more geared toward general performance, such as strength or speed.

Academy owner Terrence Williams said what all the courses have in common, and what separates the training center from a regular gym, is empowerment of and attention to the student-athlete.

"I hope they walk away feeling confident that they can reach their goals and achieve their dreams," Williams said. "Everything a client does, they're going to have individualized attention. It's not go down to the gym and run on the treadmill for an hour alone."

Williams said they soon hope to hire tutors for helping athletes with time management, test preparation and studying, giving students a "taste of the college programs," he said.

The opening comes a little more than a year after the Muskegon City Commission approved of funding about 50 percent of the expected annex renovation costs at a July 14 meeting.

In all, that number totaled \$150,000 in city funds, Muskegon City Manager Frank Peterson said. The city's hope, Peterson said, is that the training center brings more traffic to the arena and the downtown.

The city is leasing the space to ImaJam Inc., which Williams owns, for \$1 per month and a percentage of the annual gross revenues.

In **an assessment made last year**, leasing out the annex saves the city about \$15,000 per year in utility expenses, Peterson said.

Several sports teams have already taken to using the training center. Among them, hockey team Muskegon Lumberjacks, indoor football team West Michigan Ironmen, basketball team West Michigan Lake Hawks and soccer team Muskegon Risers.

PEAK Training Academy shares the space with a new outpatient physical therapy clinic run by Mercy Health Muskegon. The clinic is one of five operated by Mercy Health Muskegon.

Marcus Schillaci, manager of downtown rehab and athletic performance for Mercy Health Muskegon, called the clinic "unique" because it's situated close to where athletes perform, allowing them to cater more toward these clientele.

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