

DIRECTOR'S MESSAGE

It is our goal to provide our patients, clients and athletes with the most functionally effective, "cutting-edge" conditioning, rehabilitation and nutritional programs available. The true test of any exercise program prescription is its ability to meet the individual needs of the athlete. Our goal is simple - *create the optimal athlete!*



Using a Functional Movement Screen, we match the training objectives with the individual injury history, sport-specific training needs, training status and age of each client.

FUNCTIONAL SPORT-SPECIFIC STRENGTH AND CONDITIONING

We have set ourselves apart by carefully designing and capitalizing on "ground-breaking" methods of conditioning and athletic preparation.

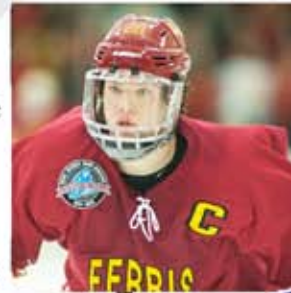


Our summer program is an innovative, demanding 3/4 - Phase training program specifically designed to **maximize performance** and **reduce injury**. We use a combination of traditional strength and conditioning practices, explosive speed - power training, functional core education and injury prehabilitation programming to optimize strength, speed and agility.

PROGRAM INSTRUCTOR

Brad Norris, company founder and lead clinician, is an exercise physiologist, Poliquin strength coach, acupuncturist and fascial therapist. He holds a Master's Degree in exercise physiology and is certified as a fascial abrasion specialist, Rocktape Fascial Movement Taping Specialist and Fascial Stretch Therapist. He is a member of the Canadian Kinesiology Association, the American Society of Exercise Physiologists and the Poliquin Performance Institute. He also serves as a lead clinician / instructor for the FIT Institute and Rocktape Canada in fascial abrasion techniques, Fascial Movement Taping (FMT) and Functional Biomechanical Assessment.

As a former member of the Canadian Olympic Bobsleigh program, Brad has served as a strength and conditioning consultant to the University of Arkansas and East Tennessee State University. He has trained / counseled athletes from the NHL, CFL and OHL and a variety of Olympic sports including the Canadian Bobsleigh, Track and Field and Rugby programs.



CHANGING DEMANDS OF SPORT



Athletes are bigger, stronger and faster. Successful athletes and championship performances are a product of a scientific, strategic approach to strength and conditioning and athletic preparation. The summer is the perfect time to "fine tune" the physical talents and abilities that will set you apart from the competition.

*Sport Performance Training
Summer Program 2015*

POWER TEK
FITNESS
Human Performance Specialists

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PROGRAM 1 - ELITE OFF SEASON STRENGTH AND CONDITIONING

Target Athletes Ages 15 and up
Strength Training 3-4 sessions / week
Dryland 2 sessions / week

- Initial functional assessment (FMS) to direct exercise prescription
- 4 – 5 supervised training sessions per week aimed at improving speed - agility, functional strength and work tolerance while reducing injury
- Nutritional programming – Myo Armour supplements to optimize performance
- On-site functional treatment and injury management

PROGRAM 2 - JUNIOR DEVELOPMENT PERFORMANCE PROGRAM

Target Athletes Ages 12-14
Strength Training 2 sessions / week
Dryland 2 sessions / week

- Initial functional assessment (FMS) to direct exercise prescription
- 3 – 4 supervised training sessions per week aimed at improving speed – power, agility, strength and work tolerance while reducing injury
- Nutritional programming – Myo Armour supplements to optimize performance
- On-site functional treatment and injury management

PROGRAM 3 - NEED FOR SPEED TRAINING

Target Athletes - All Ages

- A dryland speed training program designed to optimize speed, speed mechanics, agility and power
- 2 speed training sessions per week

PROGRAM 4 - FUNCTIONAL STRENGTH TRAINING

- A functional strength training program based on an initial functional assessment (FMS) aimed at improving performance / power and reducing injury
- 3 supervised strength and conditioning sessions per month to assess outcomes and redirect training prescription

Dryland Schedule – Tuesday / Thursday
Session 1 : 6 – 7 pm / Session 2 : 7 – 8 pm

Strength Training Schedule : TBA (Based on individual athlete schedules)

POWER TEK FITNESS

MULTI – SPORT STRENGTH AND CONDITIONING CONSULTANTS

Brad S. Norris, M.Ed., D.Ac., P.I.C.P. - Level 2 Strength Coach
Exercise Physiologist / Fascial Stretch Therapist / FMT Rocktape Clinician

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PROGRAM REGISTRATION

Program	Schedule	Cost	Program Choice (√)
Elite Off Season Strength and Conditioning	Monthly May – August	2 months x \$220.00+HST 3 months x \$200.00+HST 4 months x \$180.00+HST monthly installments	<ul style="list-style-type: none"> • 2 months <input type="checkbox"/> • 3 months <input type="checkbox"/> • 4 months <input type="checkbox"/>
Junior Development Performance Program	Monthly May – August	2 / 3 / 4 x \$160.00+HST monthly installments	<ul style="list-style-type: none"> • 2 months <input type="checkbox"/> • 3 months <input type="checkbox"/> • 4 months <input type="checkbox"/>
Need For Speed Training	Monthly May – August	2 / 3 / 4 x \$120.00+HST monthly installments	<ul style="list-style-type: none"> • 2 months <input type="checkbox"/> • 3 months <input type="checkbox"/> • 4 months <input type="checkbox"/>
Functional Strength Training	Monthly May – August	2 / 3 / 4 x \$120.00+HST monthly installments	<ul style="list-style-type: none"> • 2 months <input type="checkbox"/> • 3 months <input type="checkbox"/> • 4 months <input type="checkbox"/>

- To register by e-mail – norris@powertekfitness.com / www.powertekfitness.com
- Schedules will be updated on the website / Facebook
- If choosing a monthly payment plan, payment is due at the start of each monthly session
- All pricing is HST applicable
- Athletes strength training locally will be required to purchase a facility membership @ Spectrum Fitness – athletes using the facility intermittently for assessment will be required to purchase facility passes at front desk
- Athlete contract and liability waivers will be supplied and must be signed prior to participation in programs

Athlete Information

Athlete's Name : _____ Date of Birth _____ Sex _____

Parent's Name _____ Sport(s) _____

Address _____ / _____ / _____

Phone _____ E-Mail _____

Signature of parent or guardian for athletes under the age of 18 : _____

