



## TEAM TRAINING

BUILDING PLAYERS INTO ATHLETES

### Your Goal:

- To build a team with increased power, strength, speed and agility
- Reduce your players risk of injury, stress, and fatigue
- To bond your team through character-building, High Performance training

### Our Program:

Edge 360 at the Duckett Performance Centre (DPC)

Under the leadership and vision of renowned trainer Andy O'Brien, **Edge 360 Team Training** employs a philosophy and program focused on *movement efficiency* and *dynamic muscle memory*. Andy and his team use the same philosophy and training skills when working with some of the best athletes in the world, such as:

- Stanley Cup winner and Olympic Gold Medalist **Sidney Crosby**
- Olympic Gold Medalist **Hayley Wickenheiser**
- World Champion Figure Skater **Patrick Chan**

**Successful teams structure and prioritize dryland training into the team's weekly schedule. It is fundamental to the success of individual and team performance.**



## CUSTOMIZED TRAINING FOR ANY AGE GROUP



The DPC is quickly earning a global reputation as a premier training centre for high performance athletes, offering teams, groups and individuals alike, state-of-the-art equipment and professional services at a world-class level. Located in Edge School's gymnasium building, the DPC gives growing players incomparable dryland training, movement education, and skill development.

The DPC offers the latest in Sport Science and Human Performance Measurement:

- High-speed motion analysis
- Posture analysis
- VO2 max
- Wingate
- Gait analysis
- Sport specific performance measures of dynamic power and flexibility

## Give your Teams the Edge this season!

1 hour training sessions for 20 weeks @\$200/ session • Register before Oct.15th and receive 2 sessions free!

Contact Shane Fennessey to book now!

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