



Team Training and Conditioning – with Chris Schwarz and his team

Off-Ice training has become an essential ingredient of a high performing team. Our state of the art training facility exposes athletes to the most advanced training available while teaching solid fundamentals and techniques. The programs and protocols that we utilize have been tested on athletes from the NHL, CFL, OHL, CIS as well as various other amateur levels. We concentrate on multifunction exercises that stimulate and promote functional strength, power and conditioning. Each of our programs also incorporates a strong injury prevention/prehab component which is designed and supported by our medical professionals at the Ottawa Sport and Health Centre. All teams/individuals will be initially assessed and screened in order to identify their needs. (Bantam to Midget) .

Our experience is that most athletes are either training too much, too little or they are training improperly. Our recommendation is that athletes train 1-3 times a week during the season for approximately 30-90mins. This recommendation is based on your teams training and competing schedule/ volumes. Our coaches are experienced and trained to ensure that your players are training for Optimize performance while minimizing risk of injury.

<http://www.train4sport.ca/> - for more details