



# FIT TO PLAY (SPORT SPECIFIC)

The GOAL of this sport specific athletic development program is to prepare the athlete for a successful season and prevent injury. This is designed as a preseason program to prepare the athlete for the upcoming season. This is geared toward team training or a group of ten or more athletes in the same sport.

THE ATHLETE WILL IMPROVE OR DEVELOP:

**Increase Linear Speed and First-Step Quickness**

**Agility and Multidirectional Speed**

**Functional Strength and Explosive Power**

**Core Stability and Balance**

**START DATE:** This is an ongoing Program, please call for times  
**FREQUENCY:** 8 weeks, 3 times per week  
**CONTACT:** Ron Brissette at (716)250-6500 or  
rbrissette@excelsiorortho.com

