

Your Athletic Profile The Excelsior Difference

It Starts With:

- We use scientific data and years of experience to develop customized training programs that yield sustainable results. We use this data to deliver what everyone else promises.
- We use our Athlete Profiles to dictate the training programs we develop for EACH individual athlete
- We offer group training programs where EVERY athlete completes an Athlete Profile which is then used to create individualized instruction to maximize performance
- Focuses on Long Term Athletic Development
- Our team is committed to helping every athlete optimize their performance and prevent injuries
- Differentiated programs for male and females

Tier I: Comprehensive Musculoskeletal Review Identify any potential deficiencies in the body structure that will inhibit performance and increase risk of injury.

Tier II: Physical Competency – Determine how the athlete performs movement skills: *squat, lunge, push, pull and core stability.*

Tier III: Performance Indicator – Measure each athlete's, sport specific, abilities: *speed, power, agility, jumping and endurance.*



Athletes committed to improving their athletic performance should contact:

Ron Brissette—Sports Performance Coach
716-250-6500 Ext. 6219
Or via email at est@excelsiorortho.com



www.excelsiorortho.com
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Be Your Best
With Excelsior
Sports Training

Our approach begins with an in-depth three tiered athletic profile on EVERY athlete. This assessment is then reviewed with the athlete and acts as the foundation for each individual athlete's training program, aimed at maximizing performance and minimizing the risk of injury.

Team Training

The Excelsior team develops customized programs for teams of all levels, delivering comprehensive training for sports performance and injury prevention.

Team Training Advantages:

- Build foundational strength with each athlete
- Individual Athletic Profile for EACH athlete
- Teams that train together perform better
- Injury Prevention is a module of training for every athlete
- **Teams that have worked with Excelsior suffer fewer injuries**
- Cost effective way to incorporate sports performance/injury prevention training

Every team has a goal. Excelsior Sports Training will help you achieve that goal. **No two team programs are the same.**



The Excelsior Fit to Play Program

Pillar I Middle School Athletes

Our foundational program will help athletes improve and fully develop the entire range of athletic skills

Pillar II High School Athletes

Our advanced program will help athletes progress with an introduction to proper speed mechanics and weight lifting.

Pillar III Collegiate Athletes

Excelsior Sports Training has helped hundreds of athletes across WNY continue their athletic careers and play competitively at all collegiate levels.

Pillar IV Professional Athletes

Pro athletes in a variety of sports come to Excelsior Sports Training for the expert training, privacy and an athletic development atmosphere they've come to expect.



To learn more go to www.excelsiorortho.com/services (click on "Sports Medicine, Training & Performance") or call us at 716-250-6500 Ext 6219