



# FALL PRO PERFORMANCE PROGRAM

## 1 COMPREHENSIVE ASSESSMENTS

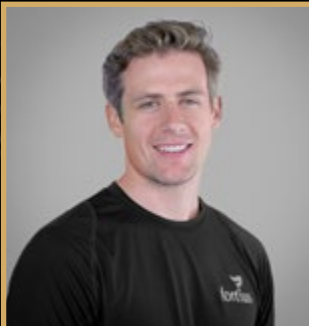
- Initial musculoskeletal screen by a physiotherapist
- Pre-program sport science testing
- Daily sport science readiness testing

## 2 INDIVIDUALIZED TRAINING

- Data-driven, individualized comprehensive training program delivered in a small group (4 athletes per group).
- 4 x 90min strength & conditioning sessions per week
  - 1 X 45min energy system development session per week

## 3 SPORTS THERAPY

- 2 x weekly on-the-floor physiotherapy sessions to monitor progress and movement quality
- 1 X 45min weekly regeneration group session
- 1 X 30min personal massage therapy session per week



### LEAD COACH: MATT WADDELL

Fortius' HockeySTRONG Lead Coach, Matt has dedicated over 7 years to training elite level hockey players, including managing an on-ice development program for many of Vancouver's NHL, AHL and European league players. While achieving a BSc from the Ohio State University, Matt played NCAA Div I Hockey as a proud Buckeye, and went on to enjoy a 10-year career as a professional hockey player himself. In 2018, Matt spent an 18-month world-tour as Strength & Conditioning Coach for China's National Women's Curling team, concluding at the 2018 Pyeongchang Olympics.

## SEPT 21 - NOV 13

TRAINING: MON - FRI | 8:45-10:15AM  
THERAPY: TUES & THUR | 8:15-8:45AM

[CLICK HERE TO REGISTER!](#)

## FORTIUS COVID SAFETY PROTOCOLS

- Separate fitness centre access for private and team training.
- Athletes train in a private zone on Level 1 with equipment reserved for private and team training.
- Equipment is cleaned between every session, and before and after being shared between athletes.
- Coaches wear masks at all times, and physical distance as much as possible.

### FALL ON-ICE SKILL DEVELOPMENT

Add on-ice skill development with Hockey House 2 - 3x per week @ Scotiabarn.