



## SPORT-SPECIFIC CONDITIONING CONSULTANTS

'Sport-Specific Conditioning is our Focus, Performance is our Goal'

| PERFORMANCE NUTRITION | ATHLETIC TRAINING | PERFORMANCE PSYCHOLOGY | ATHLETE DEVELOPMENT | MANAGEMENT & CONSULTING |

1 May 2012

Performance Training Systems Inc.  
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### **Performance Training Systems Inc. becomes External Strength and Conditioning Consultant to EHC Basel Young Sharks AG**

This communication is to announce that Performance Training Systems Inc. (PTS) has recently become an external Athletic Training Consultant to Eishockey Club (EHC) Basel Young Sharks AG.

PTS has been contracted to provide Athletic Fitness Testing and Off-Ice Strength and Conditioning support services. PTS will be working with EHC's Junior Elite B (17-19yr) and Novizen Top A (14-16yr) teams competing in the Swiss National League, as well as other selected athletes within the Clubs Youth Development Program.

Included within PTS's Athletic Fitness Testing, PTS is responsible for developing, implementing and evaluating anthropometric and physical capability based fitness tests, and the development of various resources for both the coaching staffs and athletes; Athlete Profiles, Ranking Tables, and Progression Charts.

Included within PTS's Off-Ice Strength and Conditioning commitments, PTS, in collaboration with the affiliated coaching staffs, is responsible for developing various Team and athlete-specific Training programs and Capability specific (Power, Ice Hockey Conditioning, Agility, Rehabilitation / Injury Prevention, Postural Stability etc.) programs.

As part of PTS' consulting services, we are providing support in the identification of athlete 'Strengths' and 'Weaknesses', and providing weight room support by supervising Training sessions and instructing correct exercise technique and field exercises.

For further information about PTS and our work with EHC Basel Young Sharks please direct your questions to;

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or

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Wishing you the best in Training,

Eric MacLean

