

STRENGTH TRAINING, CONDITIONING, AND NUTRITION

→ SPEED AND AGILITY TRAINING

Speed and agility training for any level athlete – will demonstrate explosive training using various training methods and stations such as agility ladder, vertical jumpers, parachutes, and much more. The new era of training – speed, power, agility and quickness.

Kory Angelin, ATC, CPT

President, Fast-Edge Sports Performance

Kory Angelin, President of Fast-Edge Sports Performance is a Certified Fitness Instructor and Sports Performance Nutritionist. He is an award-winning trainer in the field of speed and agility training, and the author of "Inspiration – Motivation – Perspiration". He began his career working with the NY Jets and founded Fast-Edge Sports Performance with the purpose of taking the athlete to the next level.

→ SPORTS PERFORMANCE NUTRITION

What it takes to fuel the tank for optimum performance on the field and in competition. Examine basic and advanced nutrition for today's athletic pursuits.

Kory Angelin, ATC, CPT

President, Fast-Edge Sports Performance

→ KETTLEBELLS

Examine the fundamentals of Kettlebell training and lifting for health, fitness, power and weight loss. Firefighters have been using Kettlebells for strength and conditioning – find out their secret to superior health and fitness.

Michael Stefano

Professional Kettlebell Coach and Instructor

Michael Stefano, author of *The Firefighter's Workout Book*, is an American Kettlebell Club Senior Coach and Kettlebell Master Trainer.

SPECIAL KETTLEBELL LIFTING CONTEST:

Most reps in a simple exercise, one for men and one for women. Winner will receive a Kettlebell for lifting and a private training session with Michael Stefano.

→ BODY AND MOVEMENT ASSESSMENT:

Improving Functional Fitness and Athletic Performance by Identifying Physical Imbalances. This Functional Movement Screening allows your Personal Trainer to assess your strengths, weaknesses and imbalances so that you can perform corrective exercises which will make you faster, stronger and more efficient in your athletic pursuits.

Michael Maziekas, M.S.

Personal Trainer, Equinox Fitness of Roslyn

Adjunct Professor, Hofstra University Department of Exercise Science

→ TRAINING THE YOUTH ATHLETE:

Training the Youth Athlete through speed and strength – Prevention of Overuse Injuries in Young Athletes – Core Training To Reach Your Athletic Potential.

Russell Taveras

Owner/Director of Training – Infiniti Performance Strength & Training

Russell works with a variety of athletes and non-athletes as a licensed physical therapist. He has his Doctorate in Physical Therapy from SUNY Stony Brook and is a certified Strength & Conditioning Specialist. He has lectured extensively and presented workshops on sport-specific training for athletes, coaches and trainers throughout the area.

→ SPORT SPECIFIC SPEED, POWER & AGILITY :

Training the specific movement patterns of a sport or position as a means of improving speed, power, agility and decreasing the likelihood of injury.

Bill Germano and CATZ (Competitive Athlete Training Zone) Training Staff

CATZ has been training amateur, pro and Olympic athletes in a wide variety of sports for over 12 years. We are the official performance training partner for the Long Island Lizards, Long Island Rough Riders and New York Dragons.