



WHY OFF-SEASON TRAINING MATTERS

And why you should do it.

ELITE OFF-SEASON TRAINING CAMP

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WHY YOU CAN'T AFFORD TO
SKIP IT

The dangers of an idle off-season.

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KEY BENEFITS TO OFF-SEASON
TRAINING

Development of Strength, Power, Injury Resilience & Mindset.

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OFF-SEASON CAMP STRUCTURE

Sport and Individual characteristic approach to face to face training.

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TESTIMONIALS

Hear From our Previous Athletes

Why you can't afford to skip it

Let Your Hard Work Slip Away

Months of in-season effort can vanish surprisingly fast when training stops. Within just a few weeks, fitness levels begin to decline, skills become rusty, and sharp reaction times dull. Confidence on the field is built through consistency — and once it's gone, it takes much longer to rebuild.

Risk More Injuries

Coming into a new season without preparation puts your body at a major disadvantage. Muscles, tendons, and joints that haven't been conditioned are more prone to strains, sprains, and overuse injuries. Off-season training strengthens these structures, making them more resilient when the intensity ramps up.

Fall Behind Your Competition

While you rest, your competitors are getting faster, stronger, and sharper. That means when the season starts, they're already game-ready while you're still finding your rhythm. Off-season training ensures you hit the ground running — ready to compete, not just catch up.

Key Benefits to Off-Season Training

ELITE TRAINING & SPORTS MEDICINE

STRENGTH

Build a strong foundation that enhances performance, protects against injury, and lasts all season.

SPEED + POWER

Explosive movements that make you quicker off the mark and stronger in every play.

INJURY RESILIENCE

Build a body that's tougher, more stable, and less likely to break down under pressure.

MINDSET

Sharpen your mental edge so you can train harder, recover faster, and perform with confidence.

OFF-SEASON TRAINING COMPONENTS

	Youth Athlete Program	Junior Athlete Program	Senior Athlete Program		
Strength + Power	✓	✓	✓		
Speed + Agility	✓	✓	✓		
Injury Resilience	✓	✓	✓		
Balance + Coordination	✓	✓	✓		
Recovery + Education	✓	✓	✓		

TESTIMONIALS

How has attending the off-season training camp impacted your performance and season?

The preseason camp was excellent, with a strong focus on improving speed and power while also including some fitness work. There was a good variety of exercises, which kept the sessions engaging and challenged different aspects of performance.

- JUSTIN

Last year's off-season camp completely changed the way I move on the field. I came back faster, stronger, and more confident than ever. It's easily the best investment I've made in my sport.

- DAMIEN

I went into the camp just hoping to maintain fitness. I came out lifting heavier, running faster, and feeling bulletproof against injuries. The results were obvious in my first game back.

- ERICA

The off-season camp gave me the edge I didn't know I needed. I started the season ahead of everyone else, and I credit it all to the work I put in here.

- LUCA

Before the camp, I was constantly carrying little niggles and missing training sessions. The focus on strength, mobility, and proper movement patterns built my resilience so much that I played the entire season without a single injury.

- BRENDAN