

# EC ADVANTAGE PERFORMANCE / INJURY PREVENTION / RETURN TO SPORT PROGRAM

## ATHLETIC PERFORMANCE, DEVELOPMENT AND REHABILITATION COACHING

My name is Emily Condon and I am the owner of EC Advantage. The idea behind EC Advantage is to change the perception of strength and conditioning for female athletes, from grassroots to a professional level, through education and awareness. I offer services of personal training, injury prevention training, and specialised soccer skills sessions for both groups and individuals. Within female sport there is a stigma around female athletes not wanting to be viewed as “bulky” or “manly” because of completing strength work. Therefore, by understanding the gaps and stigmas for female athletes I am continuously working to alter the mindset of individuals through innovative gym training and realistic technical skill sessions. Catering for age groups sports-specific planes of movement, individual biomechanics, and injury history is all encompassed in EC Advantage service.

The vision is to help everyone, from athletes to the general population, to stay injury free, enhance performance or return to sport after being injured, with the confidence to return and play at 100%, and to bring you back to a better condition than you were in prior to injury.

### PROCESS

#### ASSESSMENT: WHERE ARE YOU NOW?

##### OUTCOMES

- What are your goals and ambitions?
- Why are these your goals?
- Where are you right now in your sport or return to play process?
- Whats your injury history and sporting background?
- How frequently can you commit to the process or training plan?

#### PHYSICAL ASSESSMENT: HOW WELL DO YOU MOVE?

##### OUTCOMES

- Assess your primal movement patterns.
- Test current ability that relates to your specific sport.
- Discuss and provide an outline of your current position.

#### PRACTICAL SESSION: HOW DO YOU BUILD FROM HERE?

##### OUTCOMES

- Coach key exercises that will directly help performance or current injury.
- Explain how strength programs will help enhance your performance or help your return to sport process.
- Record key exercises and send to you for feedback on technique and cue points if needed.

### PROGRAM

##### OUTCOMES

- Comprise an individualised home program for 4 weeks catered to the needs and goals of the individual.
- This may include; strength, power, speed or conditioning programs, injury prevention, or stretching/ flexibility programs.

### FOLLOW UP

- Review every 4 weeks.
- Progress strength or conditioning specifics to ensure you are progressing.
- Update the program.
- Send out any new videos or information about updated program and exercises.

\$150  
All Inclusive-  
75-90min  
Session

\$100  
60min  
Session

