

SPORTS CONDITIONING & INJURY PREVENTION

for High School Students

90 percent of student athletes report some sort of sports-related injury, which accounts for an estimated 2 million injuries per year!*

Our Sports Conditioning Specialist, an expert in Body Preferences, will help your athletes maximize their performance and reduce the risk of injury. We provide a unique assessment to analyze natural movement and design a custom training program around EACH INDIVIDUAL ATHLETE. Don't fight your Body. Embrace it."



*according to the National Council of Youth Sports



LEARN NATURAL MOVEMENT

Individual screening for each athlete will be used to create specific body map



IMPROVE PERFORMANCE

Develop natural movement to improve innate strength to maximize performance



INDIVIDUALIZED PROGRAM

Training programs created based on individual profiles



PREVENT INJURY

Determine where the athlete is putting stress on their body



IMPROVE POSTURE

Learn how to improve coordination & posture



ENHANCE ABILITIES

Athletes learn how to discover & release their body's natural movement





Meet Our Sports Conditioning Specialist

Aurelien "Aure" Van Stichelen

- Body Preferences Analyst
- Sport Conditioning Specialist
- Functional Training Specialist
- Movement Specialist

By designing a workout adapted to your instinctive physical preferences, I will optimize your session, maximize your performance, dramatically reduce the risk of injury and help you reach the best version of yourself.



Aure (left) with Fabien Lefevre, Canoe Kayak Olympic World Champion, trained in Body Preferences



My passion is to make you understand how your body is working. My goal is to bring you into a new world of body comprehension. Together we set long-term realistic goals and develop custom programs suited for your needs. In training, one size doesn't fit all."

Contact Aure to get started!



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