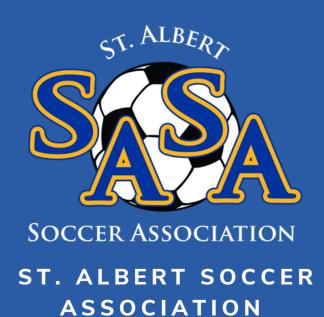
PROGRAMS AND SERVICES





ST. ALBERT IMPACT FC

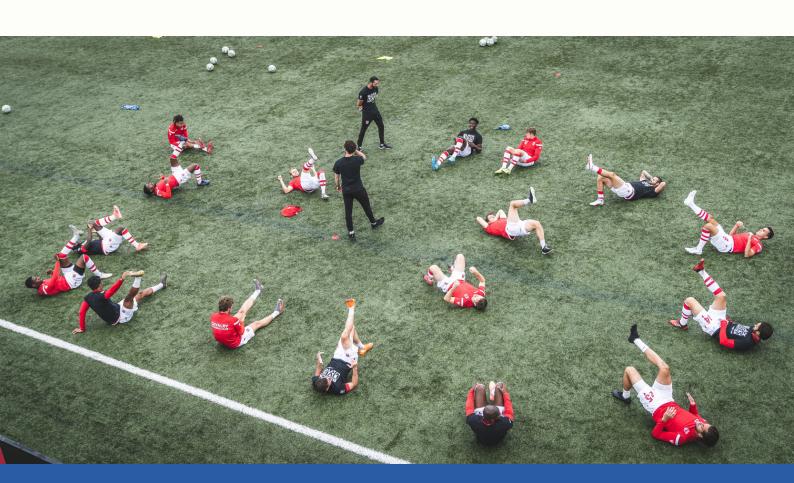




COLLABORATION WITH SASA

INTRODUCTION

St. Albert Soccer Association is delighted to announce that we will now be able to provide our players with access to on-site Sports Science and Medical services at the Player Development Centre in partnership with Elite Athletic Development and Rehabilitation.





PLAYER DEVELOPMENT

MULTI-DISCIPLINARY

St. Albert Soccer Association players will soon be able to access a multi-disciplinary team of sport specific Physiotherapists, Athletic Therapists, Strength and Conditioning Coaches and Sports Scientists as part of our holistic, long term approach to developing players.

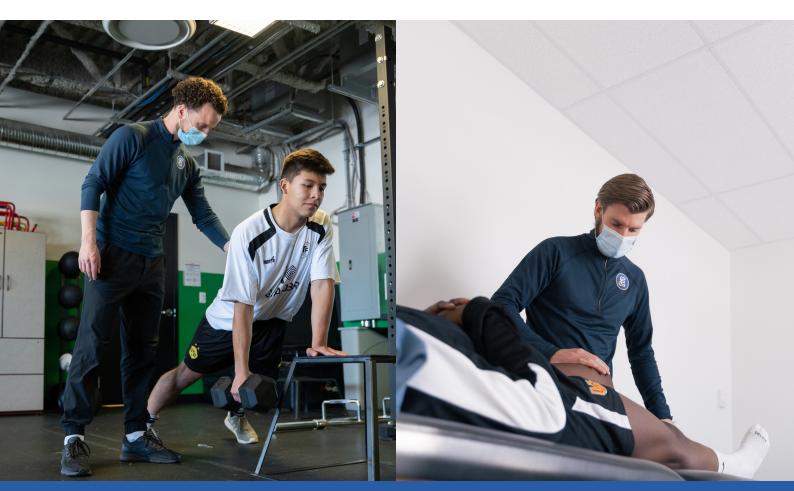




ABOUT THE ELITE TEAM

STAFF INTRODUCTION

The management team at Elite have extensive backgrounds working in youth, semi-professional and professional sport settings, with vast knowledge in Soccer. Our members of staff are experienced with emergency care management, athletic development and rehabilitation in a high performance environment. Our staff engage in a variety of education programs to continually enhance their existing knowledge base. We work together as a multidisciplinary team, drawing on each profession's area of expertise to allow the players to perform optimally.





SERVICES

ATHLETIC DEVELOPMENT

As the game progresses, so do the physical demands that are placed on the players. This partnership was developed to assist and guide St. Albert Soccer Association players to achieve their maximum potential in the ever-changing game of soccer.

The aspects of Athletic Development include but are not limited to: fundamental movements, speed, agility, aerobic endurance, repeated sprint ability, strength and power. Excelling on the above characteristics provides St. Albert Soccer Association players with a competitive edge amongst the Edmonton soccer community and beyond.





ATHLETIC DEVELOPMENT

U13+ TEAM SESSIONS

Athletic Development team sessions will cover a range of components depending on the age and stage of development of the player including:

Movement Mastery – This will focus on improving movement. This may involve the teaching of acceleration/ deceleration/ running/ jumping and bounding mechanics.

Strength Training – This will predominantly be done in our gym facility. Here we will cover injury prevention as well as strength and power development, a massive corner stone for athletic performance. Not only helping players to run faster and jump higher but also helping them to become more robust and therefore deal with the physical demands of their training and games schedule.

Last 15 Conditioning – During this part of the session we are looking to help players maintain their intensity in the closing minutes of the game. We will cover all aspects of the energy systems from aerobic endurance to repeated sprint work.



ATHLETIC DEVELOPMENT

\$2,000*

U13+ TEAM PACKAGES

CEDVICE

SERVICE	I EAM PRICE
18 x 1/hour Athletic Development Team Sessions	\$2,700*
14 x 1/hour Athletic Development Team Sessions	\$2,590*

10 x 1/hour Athletic Development Team Sessions

All U13+ team packages include basic team fitness testing. Fitness testing sessions will be in place of team Athletic Development sessions for that particular training week.

*Please note this price is for teams of up to 15 players. An additional charge of \$10 per player per session is added to the price of team packages for teams with more than 15 players.



U11-U12 TEAM PACKAGES

SERVICE	TEAM PRICE
10 x 30/min Athletic Development Team Sessions	\$999*
8 x 30/min Athletic Development Team Sessions	\$960*
6 x 30/min Athletic Development Team Sessions	\$780*

All U11-U12 team packages include speed testing. Speed testing sessions will be in place of team Athletic Development sessions for that particular training week.

*Please note this price is for teams of up to 15 players. An additional charge of \$10 per player per session is added to the price of team packages for teams with more than 15 players.



ADDITIONAL SERVICES

MEDICAL COVERAGE

Help keep your players safe by having an Athletic Therapist at your event or on your team's bench. Along with injury management, Athletic Therapists are Certified First Responders and are trained in the management and treatment of medical emergencies.

Event Medical Coverage - Services Include:

- Supportive taping
- Preparation of athletes Activation and dynamic warm-up
- Creation of an Emergency Action Plan
- Acute injury assessment and management
- Make return to play decisions regarding Injuries
- Medical emergency management

Event medical coverage is available for both individual teams as well as larger events hosting multiple teams/players. Please contact us for further details and pricing.





ADDITIONAL SERVICES

BENCHMARK PROGRAM

Soccer Specific Injury Screening and Physical Assessments

Identifying areas of weakness is a valuable tool for any player. Our new Elite Benchmark program assesses players to establish baseline scores and identify any areas of weakness or asymmetry that can be worked upon to reduce the risk of injuries and enhance physical performance.

Following the soccer-specific assessment, the results will be analyzed and a report will summarize areas to improve. Exercises will then be recommended that will target areas of weakness or asymmetry.





SERVICES COMING SOON...

PHYSIOTHERAPY

At Elite, we pride ourselves in being detail-oriented with injury assessments and rehabilitation. All injuries are treated with the same amount of focus and structured programming.

We want you returning from an injury in optimal condition. We approach the rehabilitation process a little differently, utilising the wealth of experience we have gained from successfully treating sports injuries, in youth and professional players.





SERVICES COMING SOON...

NUTRITION

Elite is excited to be partnering with Youth Sport Nutrition to serve parents, sporting academies, coaches and active youths, by providing a place to learn about, and implement a sports nutrition strategy.

Our aim is to support health, growth, normal development and sporting performance for our next generation. Our continued objective is to educate and raise awareness for parents, individuals and coaches around correct nutrition for youth athletes, ensuring we are supporting the demands of competing at an elite level, whilst encouraging increased participation, longevity and success in sport.







RESEARCH AND EDUCATION

Elite Athletic Development and Rehabilitation strives to be a leader in the athletic development and rehabilitation community in Alberta. We recognize that continuing education is a key component in improving health and performance of athletes. As a result, Elite Athletic Development and Rehabilitation is actively involved in the below:

RESEARCH

The Canadian Premier League's Internal Audit of Injuries

Chris, our Physiotherapy Director initiated and led the 2019 Canadian Premier League Internal Injury Audit. In 2021, Elite Athletic Development and Rehabilitation is partnering with the Canadian Premier League, allowing Chris to lead a long term Injury Surveillance study as part of his PhD studies at the University of Calgary.

Surveillance in High School to REDuce Concussions

Elite Athletic Development and Rehabilitation has also partnered with the University of Calgary for their Surveillance in High School to REDuce Concussions' (SHReds) study. SHReds is one of the largest studies of its kind, with a \$12,000,000.00 investment from the National Football League (NFL).



PARTNERS

OUR PARTNERS







