

ACCELERATION

100% Effort, No Excuses!!
Do The Work!!

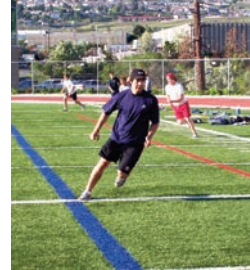


KOZORIS STRENGTH & CONDITIONING

All Sports



All Athletes



CREDENTIALS **All Ages**

Bachelors Degree : Human Kinetics (physical education)
 Bachelors Degree : Human Kinetics (exercise science)
 Bachelors Degree : Education
 Masters Degree : Exercise Physiology
 Certified Strength and Conditioning Specialist - C.S.C.S (USA)
 Certified American Council on Exercise - A.C.E. (USA)
 Certified National Strength and Conditioning Association - N.S.C.A. (USA)
 Certified Personal Trainer - B.C.R.P.A. (Canada)
 Granted Austrailian Olympic Strength Coach Internship - 2005
 National Strength and Conditioning Association Entrusted and Insured (USA)
 Professor : Strength and Conditioning and Exercising Physiology – TRU
 Sport Physiotherapy Canada-sports first responder /AED/CPR-HCP level certification

EXPERIENCE

15 years with yearly upgrading from National Strength and Conditioning Association.
 Consistent interaction with colleagues in seminars, pro teams and symposiums across USA and Canada.
 Clinical hours completed each year with professional teams.
 Constant certification with Canadian and American governing commissions.

Direct all inquiries to



Greg Kozoris
(250) 320-5699

Located: 765 Lansdowne Street
 kamloops, BC V2C 5S2
 www.kozoris-acceleration.com
 kozorisstrength@shaw.ca

ACCELERATION



KOZORIS STRENGTH & CONDITIONING
 ATHLETIC TRAINING PROGRAMS

ALL SPORTS
Strength and Conditioning



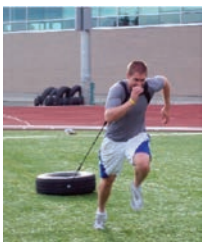
HIGHEST LEVEL AND MOST SCIENTIFIC
 ATHLETIC TRAINING PROGRAMS
 AVAILABLE IN KAMLOOPS



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COMPONENTS TO BE TRAINED

- Sprint training/speed Endurance
- An aerobic interval cardiovascular training
- Heart rate monitoring
- Creatine phosphate, ATP & Glycolytic energy systems trained
- P.N.F, Dynamic & Static flexibility
- Agility, change of direction, acceleration, deceleration power, speed & first step explosiveness
- Functional core strength-erectors, abdominals
- Plyometrics: upper & lower body
- Attention to flexors, adductors, abductor strength & flexibility



All programs sponsored by the American National Strength and Conditioning Association.

All programs developed and administered by Greg Kozoris.
 Get trained by the most certified, qualified and experienced strength and conditioning specialist and exercise physiologist in Kamloops and the Okanagan.

ACCELERATION

KOZORIS STRENGTH & CONDITIONING

SPECIALTY IN SEASON AND OFF SEASON CONDITIONING PROGRAMS AND CAMPS FOR ALL SPORTS REQUIRING EXPLOSIVE SPEED AND POWER

All programs are designed to increase the athletes speed, agility, power, strength, proprioception, dynamic stability. Periodization will be appropriately incorporated as the training focus alters greatly from program 1 to program 2 in order to develop all of the physiological components required to succeed in all speed & power sports.

Year Round Programs:

Small Group/Team/and individual

Resistance Weight Training, Strength & Conditioning

- Open to both male & female athletes
- Gym work - resistance/plyometric training/weight training

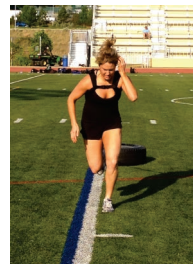


- Includes manual and training diary
- Includes 5 seminars and constant monitoring
- Covers five phrases of training specific to all Sports requiring speed and power:
 - Muscular endurance
 - Hypertrophy
 - Strength
 - Power
 - Ballistic properties
- Emphasis on all elements that contribute to speed development:
 - Dynamic and Ballistic strength
 - Flexibility
 - Proprioception
 - Functional and Rotational core stability
 - Muscular development
 - Power

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All Season Aerobic/Anaerobic Sprint Training

- Open to both male & female athletes
- Field, hill, track and over speed training at TCC Track
- Winter Indoors
- Aerobic and anaerobic energy system training (endurance runs and interval sprinting)
- Heart rate monitoring through scientific periodization
- All explosive sports replicated foot speed, balance, agility and plyometric movements and explosive stride generation
- Dynamic, static and P.N.F. Flexibility



Methodology

- 3-4 x per week (depending on period of training)
- Physiological components required to succeed in all explosive sports
- All programs developed & administered by Greg Kozoris
- Both programs utilize the very latest in scientific methodologies specific to training & conditioning for all athletes requiring explosive speed and power
- Correction of muscle imbalances, injuries, ligament, tendon and joint instability



PROTOCOLS

Specific training and periodization of cycles of training. Testing, evaluation, biomechanical analysis. Individual, team and group training. Muscle imbalance correction, injury prevention. Tendon, ligament and joint stability. Periodization, in season and off season training.



Group/one on one/team training

Team off season and in season dryland strength & conditioning training. Train in private athletic premises exclusive to your team. Most scientific and high level strength and conditioning programs. Injury assessment & rehabilitation.

All programs created on sound scientific training principles, intensity, integrity, knowledge and experience. All programs developed by the most qualified and experienced trainer in Kamloops & the Okanagan. All sports, athletes and ages!

SPECIALIZED ALL SPORT SUMMER CONDITIONING CAMPS IN SEASON AND OFF SEASON

Combines all programs and protocols as above. These programs operate mid April to September. Highest level training offered in Kamloops / Okanagan. All programs utilize the very latest in Scientific Methodologies specific to sports conditioning and training. Trainer of many professional, minor pro, European, national collegiate, junior and minor sports athletes.