



East Coast Conditioning

Sports Performance Training



As Many as 1 in 4 Female Athletes Will Suffer Knee Injuries That Correct Training May Prevent

For the past decade, I have been thoroughly entrenched in all aspects of sport sciences while training professional and collegiate athletes. One of the issues I am most passionate about is injury prevention for female athletes. The reason this hits so close to home for me is that my Division 1 athletic career was abruptly sidelined by an ACL injury and knee reconstruction my senior year of college.

This experience as an athlete gave me a deep personal understanding of the psychological and physiological implications of injuries, the rehabilitation process and – unfortunately after the fact - the critical importance of proper training to avoid injury in the first place! Injury prevention – prehabilitation – is paramount for athletes of all ages and competition levels. Injured players can't help the team – or themselves - from the bench!

Proprioception, which is balance or body control as well as proper biomechanical instruction should be the foundational basis of any strength and conditioning program. As a collegiate strength coach, I have literally worked with thousands of athletes of both genders on strength, power, speed, flexibility, mechanics, and injury prevention. Each of these aspects of training is mandatory for the development and success of a college athlete.

As the Sports Performance Director at East Coast Conditioning, I see injury prevention and movement mechanics becoming increasingly valuable for the development of athletic careers for our middle school and high school athletes. Far too many athletes, predominately female, are becoming injured on the field of competition.

Many current training programs place an excess of emphasis on acceleration, hypertrophy or muscle growth, strength and power development, while not sufficiently focusing on the athlete's needs from a sport specific level. Inversely, some programs develop the athlete strictly on a mechanical and injury prevention basis with insufficient attention to the foundational demands of strength or the power development of deceleration forces placed upon the body during competition. These programs focus too heavily on sport specific injury prevention and detriment as opposed to the athletes over all development of athleticism.

I am passionate about ensuring the training conducted at East Coast Conditioning is comprehensive in the approach to developing the highest quality of athletes who can both compete and achieve at the highest levels. Athletes need the ability to produce power at the correct biomechanical angles as well as decelerate the forces produced by themselves, the ground, the athletic implement of the sport, or the opposing team. This is the most practical definition of injury prevention in athletics.

According to a study conducted by the National Strength and Conditioning Association, athletes who strength train correctly are 50% less likely to be injured in sport and – if injured – recover at a rate 300 times faster than untrained athletes.

As many as 1 in 4 female athletes will suffer knee injuries that are possibly preventable by correct training. It is the responsibility of parents, educators, coaches, and athletes to ensure that they are doing everything in their ability to develop fundamentally strong, injury resistant bodies to compete in their chosen sport. The competition levels for all athletes are rising dramatically as the science behind sport training becomes more accessible to younger athletes.

As the speed, power and forces of the game increase, training is no longer an edge, it is an absolute must. In addition to developing faster, stronger, smarter and more powerful athletes, injury prevention and proper biomechanics “must” be an integral part of every young athlete's development. At East Coast Conditioning, it's our goal to produce powerful, fast, injury resistant athletes.

Athletic Training Center Clark, NJ



SportsPlex Edison, NJ



D1 recruit Rachael Syko training @ ECC

East Coast Conditioning Senior Strength and Conditioning coach **Kelly A Wise, CSCS** is the former Strength Coach of:



“Research indicates that girls who take part in such strength training programs can reduce their chances of ACL injuries by as much as 88% compared with those who don't.”
– NJ Star Ledger, February 09, 2010

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East Coast Conditioning
Sports Performance Training

where athletes train

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