



East Coast Conditioning

Sports Performance Training

NFL Super Bowl Champion Darnell Stapleton Attends The East Coast Conditioning Football Camp upon his return from the ESPY awards in Los Angeles July 17, 2009



The East Coast Conditioning Football camp, directed by Coach Marc Crisafi, was held at The Wardlaw - Hartridge School in Edison, New Jersey. Players from surrounding towns such as Clark, Scotch Plains, Westfield and Garwood attended the week long July camp.

Players worked on individual skill position technique, blocking, special team responsibilities and receiving patterns. Senior East Coast Conditioning Strength Coach Kelly A. Wise, CSCS conducted several collegiate & professional evaluations and testing methods on the athletes.

The pro agility test, broad jump, 20 / 40 yard dash, and the one minute max push up / sit up test were a few that were evaluated. At the conclusion of the camp each athlete was given a comparative score card to see how they matched up to the other players in the camp. Scores from the punt, pass and kick contests were also included on their report.

"It was exciting to see our ECC athletes listen to Darnell speak and teach. The aspiring athletes were mostly interested in hearing about Darnell's recent accomplishment of winning the Super Bowl last year."

– Bryan Healy, President of East Coast Conditioning



ECC SPORTS PERFORMANCE TRAINING SPECIALIZES IN

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where athletes train

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