



**MENTAL
DEVELOPMENT**



**PHYSICAL
DEVELOPMENT**

**TECHNICAL
DEVELOPMENT**

Specialized Strength & Conditioning Training

SMALL GROUP TRAINING

Work in a smaller group of no more than 6 athletes to increase Strength & Conditioning. Classes are up and running during the day, evenings, and weekends.

ONE-ON-ONE TRAINING

Train one-on-one with an expert in the Strength & Conditioning field. Benefit from the highest levels of attention and service by targeting your specific development needs.

TEAM TRAINING

Work together with your 2007-2008 winter team and participate in fun and exciting drills to increase your Speed, Agility, & Quickness. This will lead to improved on-ice performance. Help your team gain an advantage over your rivals!

HOME TRAINING

Enhance your conditioning and skills with a customized, home-based training program. We provide the training tools, equipment, and program so that you can work at your convenience.

STAFF

Our training programs are designed and delivered by Brian Remington, CSCS. Brian is in his third year as a member of the UB sports performance staff. His primary responsibility is with the skill position players on UB's Division 1 football team. He also oversees strength and conditioning for the baseball, tennis, and soccer teams. Brian earned his Master's degree in applied physiology at UB in 2007. He is also a 2005 graduate of Northern Colorado, where earned his Bachelor's degree in exercise science with a minor in nutrition.

We will provide you with experience and expertise in the most current training techniques used at the highest levels of sport.

Our Programs are designed with each player's specific goals in mind. Through proper education and assessment, we will improve your Strength, Speed, Agility and Quickness. Give us the opportunity to show you what YOU are capable of.



CONTACT US

Victory Athletix
Amherst Recreation Center
4415 Millersport Highway
Amherst, NY 14051
716-688-8406

www.victoryathletix.com
info@victoryathletix.com

