

Athletes of the Month

THE EDGE PERFORMANCE TRAINING specializes in helping individuals, teams and small groups looking to enhance their performance in fitness and health. Athletes of all ages and abilities will learn proper technique and execution from our highly skilled and experienced staff. We pride ourselves on working with our athlete on their goals ... on their schedule.

MARCH 2010

This month, we're proud to profile Daniel Fabian and Katie Hires, two high-performance athletes who seem to have discovered *their* EDGE.

With Eyes on the Prize

*Providence
College
soccer player
works toward
his dreams
of a national
championship.*



FOR SEVENTEEN YEARS, Daniel Fabian has been playing soccer. So, he knows the game of soccer pretty well. Even so, he's aware he will have to step up his game if his dream of bringing a national championship back home to Providence College is going to have legs.

For that, Fabian turned to The EDGE. "Keith Deyo met with me last spring," Fabian recalls, "and he challenged me to work harder toward my goals."

You may not think a second-year Honor Roll student and college athlete would need much confidence boosting, but The EDGE coaches have worked hard to help Fabian see his potential. "They instilled the confidence in me," Fabian says, "which helped me succeed on and off the field."

Closer to Her Goal

*A college-
bound
midfielder
gives her
soccer playing
The EDGE.*



A MIDFIELDER for Bethel High School varsity soccer team, Katie Hires is looking to make her soccer playing a big part of how she achieves her long-term goal of getting through college in order to become a writer.

Katie has been playing soccer for six years. Nevertheless, she turned to The EDGE for that performance push that only qualified athletic trainers can provide.

"The EDGE has improved my footwork," she says. "It helped me lift my feet higher when I run, and I studder-step now when I need to change direction, which helps."

Our athletes will tell you:
Performance training will give your game The EDGE.