

## FIRE FIGHTER PERFORMANCE TRAINING



Fire Fighters train to perform in all types of situations and environments. Just like any athlete trying to maximize performance on the field, training for strength, agility, and injury prevention is important for the daily successes of a firefighter and fire department.

**Athletes' Performance Fire Fighter Performance Training** isn't just about making you stronger - but quicker, more agile, and provides training that will reduce potential injuries. As a Fire Fighter, you never know the situation you will be facing. The physical demands on your body, at any moment, can be tremendous. By developing a strong and stable core foundation, you will be able to reduce the potential for injury while maximizing your performance when you need it most. Creating a cardiovascular strength program along with a nutrition plan that fits your lifestyle are also necessary components to being healthy, on and off the job.

Fire Fighter Performance Training is an opportunity to make yourself and your department stronger, safer and more productive. You'll learn strategies to reduce the potential for injury and to train for the challenges of being a tactical athlete. Fire Fighters train to be the best in fire science, maximizing tactical expertise in fire fighting strategy and Emergency Medical Services (EMS) - make sure your body can perform those elite skills at peak level and with maximum sustainability. You need to be there when it matters most. Give your body the opportunity to do the same for you with the Athletes' Performance Fire Fighter Performance Training.

**In a recent study, over 400 Fire Fighters had their Functional Movement capabilities analyzed. Individualized programs improved areas of weakness in mobility, stability and strength:**

**62% reduction in time lost to injury and**

**42% reduction of total overall injuries**

### MENTOR PROGRAM INCLUDES

- ACE approved 2.1 CEUs for participants attending this event
- Breakfast and Lunch will be provided on Thursday and Friday of the program dates
- Discounted hotel rates and rental car rates available upon request

### FIRE FIGHTER WEEKS IN 2009

- **Phoenix, Arizona:** \*April 16 – 18 | October 15 – 17 | December 10 - 12
- **Los Angeles, California:** June 18 – 20 | September 24 – 26

*\* Tuition Reimbursement Available for This Date Only*

**For more information, or to register, please email or call:**  
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