

TESTIMONIALS

Adam Vinatieri

3 X Super bowl Champion
Former New England Patriot kicker
Current Indianapolis' Colts kicker



"I have trained with Brian, of EPS, over the past several years and each year I return to camp in peak physical condition. His attention to detail and intensity are second to none."



Joe Callahan

San Antonio Rampage- AHL

"Since I've begun training at EPS I have seen a dramatic increase in my foot speed, acceleration, and explosiveness. My conditioning has never been better!"

Christian Fauria

2 X Super bowl Champion
Former New England Tight End
Current Washington Redskin
Tight End



"Brian of EPS is a committed professional who has helped me stay in amazing shape in the later stages of my career. He is very perceptive to what athletes need in order to continually improve."



Toneka Pires

Fitness Competitors and Model
-NPC Monica Brant Fitness Classic
Champion
-Fitness New York Champion
-Northern Atlantic State Fitness
Champion

"Training at EPS has played a significant role in my overall conditioning and development. You're awesome, thank you!"



DIRECTIONS TO THE FACILITY

ROUTE 95 SOUTH (Towards Providence)

Take Mechanic St. exit towards Foxboro/Sharon
Exit #8

Take a right onto Mechanic St.
Take 2nd left onto Oak St. & follow to end
Turn right onto Cocasset St. go ½ mile
Turn left onto E. Belcher Rd.
Rink is .2 miles on the left

ROUTE 95 NORTH (Towards Boston)

Exit 7B off the Rt 140 towards Foxboro
Follow to center of Foxboro
Take 1st right off a rotary onto Cocasset St
Follow 1.1 miles & turn right onto E. Belcher Rd
Turn right onto E. Belcher Rd
Rink is .2 miles on left

ROUTE 495

Exit 13A- Rt 95 North
Exit 7B off of Rt 95-Rt 140 towards Foxboro Cntr
Take 1st right off of rotary onto Cocasset St
Follow 1.1 miles & turn right onto E. Belcher Rd
Rink is .2 miles on the left

Contact Information

Director Brian McDonough
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EPS at the Foxboro Sports Center

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Foxboro, MA 02035
www.foxborosportscenter.com



Professional Grade
Strength & Conditioning
and
Fitness Training

EPS Client



3x Superbowl Champion
Adam Vinatieri

MISSION STATEMENT

At Edge Performance Systems we're committed to maximizing performance and reducing the potential for injury through comprehensive training programs that enhance flexibility, core strength, increase explosive power and improve agility and speed in athletes.

Whether you're a superior athlete or a recreational player here at EPS we are dedicated to your specific fitness needs, and to helping you achieve your individual goals.

Our strength and conditioning staff has 10 years experience working with a wide variety of individuals, which includes: recreational athletes, fitness enthusiasts, youth programs, elite high school and college athletes, NFL and AHL players.



*Joe Callahan on Vertimax
San Antonio Rampage*

DESCRIPTION OF SERVICES

Sport Specific Training

1 athlete : 1 coach

Ideal for the athlete who requires an individualized training environment. One on one training allows for the utmost level of personalized attention.

2 athletes: 1 coach

This "buddy system" method of training is best suited for a pair of athletes with similar goals that train well together. This option provides for personalized attention, as well as the opportunity for athletes to motivate each other through each workout.

Group Training (3-4 athletes)

This option is most effective for athletes who do not demand as much individual attention, but still desire to train hard. This option permits healthy competition and team building experience.

Team Group Training (10-20 athletes)

Team training allows for teammates to train in a group setting. This training environment creates a motivational and competitive environment; producing a maximal team building experience. Teammates condition together and strive to achieve both personal and team goals.

Sports Specific Program Design

Provides an athlete with 6 hours of tutorial-training time in order to learn how to train on their own. Programs are designed specifically to meet the demands of each athlete. This option is most effective for athletes who are highly motivated and have the means to train regularly.

Flexibility Therapy

An EPS staff member will evaluate your flexibility searching to expose deficiencies and or imbalances. Once the evaluation process is complete, an assisted stretching schedule will be mapped out.

Why is stretching important?

- Increased flexibility reduces risk of injury
- Enhanced athletic performance
- Improves recovery

DESCRIPTION OF SERVICES

Personal Training

Personal Training

Sessions include high quality personal fitness training by a qualified, degree holding Exercise Physiologist. Whatever your fitness goal may be, our staff can help you achieve it. These packages are available in two different options: one client per trainer or the "buddy system".

Women's group fitness

This is a 60-minute circuit training class done on nautilus machines and cardio equipment. Recommended for beginners or intermediate level individuals who are looking for resistance training in a safe and supervised setting.

Boot Camp

Each high-energy one-hour session packs a fantastic workout for anyone from the recreational fitness trainee to off-season athletes. Recommended for people with moderate training backgrounds, who want to achieve new fitness goals.

Other Services Available:

Physical Therapy



Mass Sport & Spine Keeping Athletes Healthy

- ❖ A Comprehensive sports medicine outpatient physical therapy practice.
- ❖ One-on-one treatments with experienced sports medicine physical therapist; specializing in acute-to chronic sports/orthopedic conditions, post-operative rehab, injury screening, & preventative sports medicine.

Website - www.masportspine.com

Massage Therapy

Back in Action Muscular Therapy

Sports • Therapeutic • Deep Tissue

Hope Irvine-Rappoli, B.S., C.M.T.

Nutritional Counseling

Registered Dietitian.