



Club News Release – 02/08/2012

IMPACT ATHLETICS aligns with ELITE Basketball beginning Spring 2012

IMPACT ATHLETICS, the newest power and athleticism training center located out of the brand new Danvers Indoor Sports Complex has agreed to be the official “power/athleticism” provider for ELITE Basketball’s AAU teams and Training Academy.

Impact Athletics has trained with professional athletes such as Luol Deng of the Chicago Bulls, Vince Carter of the Dallas Mavericks, Randy Moss of the New England Patriots, Julius Peppers of the Chicago Bears, along with basketball players at University of North Carolina, Indiana University, Georgetown University and Syracuse University. Not forgetting to mention most of the areas elite athletes on the North Shore excelled under the Impact Athletics philosophy “Don’t Just Play, Make an Impact!”

Impact Athletics beginning in March 2012 will offer two distinct elective programs for student-athletes who participate in the Mass Elite and Lightning AAU programs -

The first program will be offered to players enrolled in Mass Elite or Lightning AAU club team, 5th thru 8th grader program and will entail one hour of body weight conditioning training twice a week. The goal of this program is to develop a strong foundation and enhanced body awareness for these younger athletes. We will develop stronger and more aware athlete who will see dramatic improvements in performance on the court as well as an increase in their coachability.

The second program that Impact Athletics will offer will be available to players enrolled in Mass Elite or Lightning AAU club teams at the 9th-11th grade levels. This program will meet twice a week, an hour each time and cover dynamic warm-up along with weight training. The goal of this program is to enhance the older athletes developing skills by improving the athlete’s strength along with flexibility. The stronger more flexible athlete will be able to assert their dominance to a much greater degree along with reducing injuries.

This is a progression based program in which the athletes will be challenged each week to improve their performance. Both programs will run twelve weeks with key testing weeks in the middle and end. This will help ensure greater success for the athletes along with positive reinforcement of skills being taught.

The instructors of IMPACT ATHLETICS who will be training student-athletes from the ELITE Basketball family include

Trainer/Coach - Matt Foley

Matt Foley has been in the sports conditioning and performance enhancement field for twenty years. A competitive body builder, Matt knows what it takes to develop the human body through rigorous training and proper nutrition. He understands the science behind improving sports performance and has the ability to coach these techniques to his athletes. Matt ensures success and progress by developing programs with pre-determined goals and is constantly researching the latest techniques in training to improve his athletes' performance.

Trainer/Coach - Peter Reppas

Peter "Rep" Reppas is a certified personal trainer, certified nutritionist, sports enhancement specialist and founder of Repertoire Fitness, Inc. Rep has worked in the sports fitness industry for over a decade training high school students who dream of an athletic college scholarship; training college athletes who aspire to play professionally; and training professional athletes who are striving to improve their game. Rep has also motivated and inspired numerous individuals in search of a healthier lifestyle. His unique program was developed through many years of research and by working with some of the finest trainers, athletes and coaches in the country. His methods are unique and tuned to every individual, but his philosophy and end result are the same for all....success!



IMPACT ATHLETICS out of their new training center located out of DISC (Danvers Indoor Sports Complex) will be offering multiple elective courses for players enrolled in Mass Elite and Lightning programs. Sessions will consist of 2X per week for 12 full weeks. Group training sessions will be offered to Mass Elite/Lightning players at the low price of only \$286.00 for the entire Spring season. Sessions will be offered on Mondays, Wednesdays and Fridays at the Danvers Indoor Sports Complex to ensure that players will be able to attend all team practice and skills/drills sessions.

For more detailed information then please visit www.impact-athletics.com or contact ELITE Basketball at rveguilla@mail.masselite.org