



# CONEJO VALLEY CYCLIST MONTHLY MEETING

**Monday, March 13th at 7:00p**

We are excited to announce that Sports Academy will be hosting our CVC monthly meeting. Following our traditional club meeting, Sports Academy's staff will be providing our members with an interactive tour of their 96,000 sq. ft. campus and resources relevant to cycling athletes.

**Each CVC member who attends will receive a complimentary class or session of their choice!**

## Tour Overview

### Sports Performance (Strength & Endurance Training)

- Training methodology using sports science and technology to track progress and development
- How upper & lower body strength/core training creates a stronger support system, improves muscular endurance on the bike, and prevents injuries

### Integrated Sports Medicine (Recovery/Rehab)

- Overview of medical practitioners and recovery/rehab resources
- Specific recovery options to help recovery from long rides i.e. normatech, hot-stem/cold-stem, cryotherapy

### Biomechanics Lab (Performance Assessments & Injury Profiling)

- Overview of biomechanics lab and motion-capture system
- How biomechanics can be utilized to assess cycling performance and injury prevention

### Nutrition and Vitality Lab

- Long-term diet & pre-workout/post-workout nutrition
- Overview of cutting-edge testing and customized solutions in vitality lab

### Mind-Body Fit Center

- How yoga enhances the body and mind that leads to greater aerobic strength, flexibility and focus.
- Yoga for Cyclists: Integrating yoga into training program to increase cycling performance and prevent injuries

For any questions, please contact:  
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