



BURLINGTON SOCCER CLUB PARTNERS WITH DYNAMIC HEALTH & PERFORMANCE

NEWS PROVIDED BY
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Burlington Soccer adds Dynamic Health & Performance as its Athletic Therapy Partner.

The last few months have seen quite the change at the Burlington Soccer Club. As the club continues to strive towards being the leading community soccer club in the province, it became a goal to open an athletic training facility to enhance the player experience.

In February, the club opened their new athletic training facility, complete with a weight training space and turf area for small-sided games and technical work. The next step to complete the facility was a partnership with an athletic therapy organization that believes in a holistic approach to injury treatment and prevention. This was the goal set-out by the club's Executive Director, Amal Chauhan, "our club needed to enhance the safety of our players by incorporating injury prevention education and treatment for our athletes. This partnership will provide players with quick access to treatment when an injury occurs, preventing long-term injuries and helping players quickly return to play. We want our players to be physically healthy all season."

Burlington Soccer Club found the complete package with Dynamic Health & Performance. Their state-of-the-art facility, accompanied by a first-rate staff who believes in an integrated and evidence-based approach made this partnership a must to provide the whole package, in-house, to our athletes.

As a founding partner of the clinic, Dr. Ben Fryer gives us first-hand insight into what this partnership means - "The partnership between Dynamic Health & Performance and the Burlington Soccer Club has been a goal of ours for the past few years. The time is right, and my team and I are excited to bring our experience supporting athletes of the Burlington Soccer Club. Our practitioners will help guide you through successful injury recovery and optimal performance with comprehensive, collaborative care. We will be there each step of the way, from practice to the big game. Providing therapy and care when you need it the most. "

Dynamic Health & Performance will be working directly with the Burlington Soccer Club's High-Performance Programs – League 1 Teams & Ontario Player Development League (OPDL) Teams – throughout the outdoor season. "We are excited to inform our teams that throughout the summer season, Dynamic Health & Performance will be physically present at games and recovery training sessions. The clinic's staff will provide on-field pre-game support with taping, stretching and physical assessments as needed, in-game help with instant injury and concussion assessments, and offer post-game aid on recovery training days. Our player's safety is our top priority." (Amal Chauhan, BSC ED)



BURLINGTON SOCCER CLUB

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The Burlington Soccer Club and Dynamic Health & Performance look forward to this outdoor season and further developing their partnership through the Athletic Training Facility and beyond.

The League 1 Ontario season kicks-off this April whereas the OPDL season kicks-off this May. Make sure to follow [@burlsoccer](https://twitter.com/burlsoccer) for all of your Bayhawks news and we'll see you in Blue and Yellow in the near future.

ABOUT BURLINGTON SOCCER CLUB

The Burlington Soccer Club is a non-profit soccer provided located in the City of Burlington. Since 1962 the BSC has continued to serve Burlington and surrounding area with programs for 18 months to adults, embracing all abilities and all skill levels through their recreational, supplementary and competitive programs.

ABOUT DYNAMIC HEALTH AND PERFORMANCE

Dynamic Health and Performance is a state-of-the-art rehabilitation therapy facility located in Oakville. Through their integrated, holistic, and evidence-based approach to treatment and prevention, the team at Dynamic Health & Performance strive to achieve body and goal alignment and keep elite athletes, sports teams and regular Joes healthy and injury free.

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