



Umberger Performance Presents:
Elite but Affordable Methods for Optimizing Recovery and Results

In two 90 minute sessions, Scott Umberger will cover methods of recovery and discuss what is necessary for you to achieve the results that you are seeking. These same methods are used by elite athletes that are winning gold medals and championships throughout the world. Resident massage therapist, Tony Ficarra, will be presenting on his experience in working with clients for the past 40+ years. He'll be sharing some of his thoughts and discuss myofascial release and the benefits of massage.

The internet has created a lot of keyboard "experts" that don't read research and don't train real people in the real world. Elite coaches aren't trolling the internet, as they don't have time since they are coaching elite athletes. This one on one coaching allows them to learn more along the way. These coaches are hired and fired based on the results that their athletes achieve.

The two sessions will be broken up into presentations and a hands on practical session by attendees. ALL clients, especially athletes older than 12 along with their parents, will find value in what will be presented. The following will be covered:

Session One (Scott only)

November 8th

12:30-2:00

- Nutrition - low carb, paleo, protein intake etc.
- Organic, artificial sweeteners, supplements
- Macro nutrient overview - What do carbs, proteins, and fats actually do and what percentage of your diet should be carbs, proteins, and fats?
- Diets - These are fads, not lifestyle changes that will last.
- Hydration - The importance of being hydrated and what dehydration costs you.
- Sleep - How sleep effects your daily performance and recovery from working out.

This presentation is three hours of material condensed to 90 minutes. (Longer if questions need to be addressed.) As a society, we are greatly lacking in knowledge in these areas. This is the greatest contributing factor to obesity, recovery from training, and lagging performance for not only sports, but life in general. Scott will make this presentation basic, and the premise is to review the fundamentals that help make the elite, elite.

Session Two (Scott & Tony)

November 15th

12:30-2:00

- Resident massage expert, Tony Ficarri, will discuss myofascial release and “what his hands tell him about your body and its current state of trainedness”
- Fascia tissue technique
- Massage - What is the value? What to look for in a therapist. Hands don't lie.
- How long should you take off from a “tweak?”
- Foam rolling and other tools available - how to use them and for what purpose
- Contrast baths and showers
- Icing - The myths and truths behind it.
- RICE (Rest Ice Compression Elevation) - does it work?
- Stretching- When and how to stretch
- Autonomic Nervous System and what it means to you
- Blood testing beyond what your MD is looking for. Does it make sense for you?

All information presented will be supported by research and what the experts are actually doing with athletes and patients in the real world. Scott has sifted through the marketing fluff to provide you with what really works in getting your body to perform at its very best.

Cost:

Members (current athletes and current fitness class clients)

- \$25 for one session
- \$45 for both sessions

*ATHLETE PARENTS: You can attend for **free** if your child signs up for the class. If your child wants to attend and is unable, you can attend in lieu of them at the member price.*

Non-Members:

- \$35 for one session
- \$65 for both sessions

A minimum of 4 participants is required for each session for it to be held.

Please fill out the information below and send it in by **November 1st** along with your payment of either cash or a check made payable to Umberger Performance.

Participant's name: _____

Parent's name: _____ (if attending)

Phone #: _____ Email: _____

Session # _____ Amount enclosed _____