

GABRIELE

FITNESS & PERFORMANCE



CAUTION: Is your daughter at risk for an ACL injury?

Performance Enhancement and Injury Prevention Seminar for the Female Athlete

On Wednesday, March 2nd at 8 PM Parents, Coaches and Female athletes will have the opportunity to learn ways to prepare the Female Athlete to perform at the highest level possible while at the same time minimizing their risk for injury. Gabriele Fitness and Performance is offering this free clinic which will feature renowned Orthopaedist, Dr. John Hurley M.D., and owner, Vince Gabriele, M.S,

Dr. Hurley, Board Certified in both Orthopaedic Surgery and Sports Medicine, practices in Morristown and has specialized in sports injuries of the knee and shoulder for more than 20 years. He has been a Team Physician for The Detroit Lions and The Detroit Tigers, along with several Universities and High Schools. He is listed in Castle Connolly's "America's Top Doctors" and *New Jersey Monthly's* "Top Doctors."

Vince Gabriele, Fitness and Sports Performance Coach and owner of Gabriele Fitness and Performance in Berkeley Heights, has seen too many young women injured simply from not being prepared. His vision is to change the way athletes train, creating successful programs that protect against injuries and not only accomplish goals, but surpass them. With the increase in the number of young women who tear their ACL, it has become a mission to do something about it.

This clinic is specifically designed to teach young female athletes ACL injury prevention techniques, a cutting edge warm-up method and the type of training they should be performing during the season as well as in the Off-Season. If you are a parent or coach of a young female athlete we hope you don't miss this remarkable offer to learn more about training the Female Athlete.

Come to Gabriele Fitness and Performance on March 2nd at 8PM

20 Locust Avenue, Berkeley Heights NJ 07922. 908-464-4441.

This is a free event, but you must register by e-mailing: info@gabrielefitness.com

[CLICK HERE](#)

For More Info on the Seminar

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www.gabrielefitness.com