

TWIST Performance launches exciting new partnership with Markham Soccer Club

TWIST Performance + Wellness is excited to announce their partnership with Markham Soccer Club's elite development teams. The club has agreed to exclusive terms for their 8 high performance male and female teams, allowing TWIST Performance coaches to implement soccer-specific performance training, OSA- Approved testing and provide resources to the athletes to maximize results, including an educational approach and access to a performance app.

Kent Green, Operations Manager for Markham Soccer Club states "The Markham Soccer Club and our High Performance Development (OPDL) squads are looking forward to partnering with TWIST to provide a comprehensive fitness and conditioning program for this group of athletes. TWIST was selected after an extensive evaluation of potential service candidates and we are looking forward to a developing relationship with their team."

The training program will include performance and mobility sessions, soccer-specific training sessions, fitness testing, player mentoring and additional performance resources spanning the course of the 24 week program. The goal is to provide these athletes with world-class training over a 6 month period, to create team cohesion, maximize their skills and transform each player.

"TWIST Performance + Wellness is extremely excited to join forces with the Markham Soccer Club and offer the very best in Sport Performance to their entire Markham OPDL Program," says Scott Atkins, TWIST Richmond Hill Owner. "The synergy is outstanding as TWIST and the Markham Soccer Club both share the passion for progressive and cutting-edge Sport Conditioning. TWIST is extremely excited to witness the results of each Markham OPDL athlete as they train in this inclusive and detailed strength and conditioning program."

The Markham Soccer Club will begin their TWIST training programs April 3rd.

