



For Immediate Release

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Fury Players Passing the Test

The 2008-2009 Tier I Hockey season is here and the Chicago Fury hit the ice with an evaluation and testing program for all players which is second to none. The Chicago Fury has partnered with three groups which are recognized as the best in their fields when it comes to hockey evaluation & testing, sports nutrition and muscle imbalances, and strength and explosiveness.

The Fury introduced, state of the art, **NEXT TESTING** to its' members in Mid August. The 14 test battery challenged Fury players to be quick, react, go fast and control the puck, all elements that are critical for a hockey player. "Our goal is twofold, one, to help our members understand how critical the development of fundamental athleticism is for hockey players, and two, to provide them each a way to see where their player is when compared to the others that are competing for those few spots on Junior and College rosters," said Marc Kapsalis, President of the Fury. "We are excited to give our Fury families the opportunity to see, in a completely objective way, where their player fits, Kapsalis concluded."



Figure 1 Fury Players test their skills with Next Testing

The second phase of Fury Player Testing came from Dr. Laura Jendra, who heads up **Active Life Chiropractic Center** in Orland Park. Dr. Jendra provided evaluation on flexibility and muscle strength. Players were made aware of how all the muscles in their bodies effect their performance and how important flexibility is to their sport specific training. Dr. Jendra also serves the Fury as a Sports Nutrition Counselor and Sport Specific Chiropractic care provider.



Figure 2 Fury Girls Test Flexibility and Balance

The final phase of the Fury pre-season testing program came from **Get Fast Inc.** The Chicago Fury is in the second year of a partnership with Get Fast, which provides off-ice training for all Fury players during the season. Get Fast focuses on explosiveness, power and of course, speed. All Fury players also are provided Hockey Treadmill training every week with certified Get Fast trainers.



Figure 3 Fury players partner up for Get Fast Testing

Fury President Marc Kapsalis concluded by saying, "These tests give our players an absolutely clear understanding of where they are and we will help them understand where they need to get to. It is difficult to get objective data in hockey so we wanted to provide all that we could to our members,"