

## **PROFILE: TONY NEILL – PROGRAMS TO FIT**

TONY NEILL is a Performance & fitness consultant.

He established his business in 1999 & for the last 14 years has been running: PROGRAMS TO FIT.

PTF is based around the 3 key areas of:

EXERCISE. NUTRITION. MENTAL APPLICATION.

Eg: Physical conditioning, Nutritional fitness & Motivation

PROGRAMS TO FIT designs Performance based club programs & seminars aimed at assisting players & clubs to be successful. These include:

- Sport specific team physical conditioning to suit the demands of your sport.
- Seminars covering a large range of interesting & motivating topics with over 80 topics to choose from.

### **BACKGROUND – TONY**

Tony has extensive Coaching experience with Senior and Junior teams including:

- 7 years: Amateur League & SANFL
- 2 years: Specialist Coach – Super League soccer
- Club Fitness director
- Spent 3 years Recruiting: AFL club
- 14 years presenting performance programs to sporting clubs.
- Programs To Fit also provides a large range of corporate/workplace programs.

Tony has worked with over 40 individual AFL & SANFL Players, Super League soccer players, cricketers & various other sportspeople on Individual programs both physical and mental.

### **QUALIFICATIONS & CREDENTIALS INCLUDE:**

- Level 2 AFL Sports Coach
- Registered 25 years as a Fitness trainer including:
  - Gym instructor
  - Personal, Strength & conditioning, Group trainer
  - Suspension training
  - Fitball for performance
  - Boxing for fitness
  - Performance Nutrition
  - Interested member – SASI Sports Psychology
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PTF has & continues to be involved with other sports clubs including:

- Country & City football
- District level cricket
- Super league soccer
- Tennis
- Netball
- Hockey
- Baseball

Range of services include:

Physical conditioning

- Running programs
- Weight training
- Specific conditioning
- Core strengthening
- Sport specific Game drills
- Functional drills
- Flexibility, stretching & range of motion

Nutritional fitness

- Nutritional assistance
- Pre, during & post event nutrition
- Hydration planning

Motivation

- Mental application techniques
- Game tactics
- Key performance indicators
- Pressure

Tony is here to assist you & is interested in your performance & your needs. As the slogan for PROGRAMS TO FIT states

*“Your performance is our business”*