

Building Better Athletes Through Science Just Got Easier!
Quest Sports Science Center Announces Its New Performance Packages
www.questssc.com
Contact: 410-626-1566
info@questssc.com

Annapolis, MD. August, 2006--- Quest Sports Science Center, the Premier Sports Performance Center on the east coast has announced the development of its “Performance Packages” today. These packages will allow athletes to get more out of their training by eliminating the guess work of choosing a la carte services. Instead, athletes can select from several packages that are sports specific.

Lilah Al-Masri and Simon Bartlett, owners of Quest Sports Science Center (QuestSSC), indicate that the concept of “Building Better Athletes Through Science” has been around for many years. However, the testing offered at QuestSSC is relatively new and has, in the past, been available exclusively to elite athletes. Today, QuestSSC makes these tests available to all athletes----all levels, all sports, all ages----allowing them to assess their strengths and weaknesses and learn to train more efficiently.

Since opening its doors in April of 2006, offering these performance packages to recreational athletes has been important to QuestSSC. In his experience, Bartlett finds that many of these athletes simply aren’t getting the results that they should. “They are putting in long hours in the pool, on the road and on the field, but they are rarely training scientifically. Our goal is to help these athletes get the maximum results in the minimum investment of time through proper evaluations, in other words, training smarter not harder.” As no two people are alike, QuestSSC feels strongly that the standard formulas are ineffective, and instead designs its programs around individualized physiological data generated from each athlete’s results.

QuestSSC’s mission is to help an athlete reach his/her full potential. To learn more about Quest Sports Science Center, visit their website www.questssc.com