

Jeff Wood

Jeff Wood BPE, CSCS, CEP. - Sport Performance Specialist. Jeff has over 20 years of strength and conditioning experience having worked thousands of athletes ranging from elite professional athletes, to amateur athletes in a variety of sports. Jeff is a certified exercise physiologist, certified strength and conditioning coach, and has supported some of Winnipeg's top end athletes such as Jonathan Toews, Travis Zajac, and Travis Hamonic on route to their success.



Neal Prokop

Neal Prokop MSc, CSCS, PES. - Sport Performance Specialist. Neal is a certified strength and conditioning coach through the National Strength and Conditioning Association and Performance Enhancement Specialist from the National Academy of Sport Medicine. He is a learning facilitator for Coaching Manitoba and the Coaching Association of Canada's Comp-Dev modules developing athlete abilities, injury prevention and leading drug free sport. He obtained his Masters in Exercise Physiology from McGill University, where he was a two-time U-Sport Academic All-Canadian. Neal previously played five years in the Western Hockey League, one year in Australia, and currently officiates a variety of leagues across Manitoba.

