

Athlete Training

"Luck is what happens when preparation meets opportunity."

National Hockey League icon, Sidney Crosby lives by this quote. I believe that this phrase is also a driving force to my motivations in life, especially athletics.

I do believe that being prepared insures that 'the dream' does not pass by so quickly, and stands in a more reachable window due to rigorous training and preparation. Recently, my passion for being healthy and working hard has veered my focus toward specific goals. Daniel Ross at Body Symmetry has sparked this interest to fulfill my duties as a naturally talented athlete, and has inspired me to look within and find what it is that I really want to work for in life. Dan has gone the extra mile for me, and that itself makes me want to work as hard as I can so that I prove my talent is real and I truly can live my dreams. Each training day proves that with preparation, opportunities unfold. This experience is incredible.

Thanks, Dan

Kat Barker