



## ABOUT JEFF

A natural leader and competitive athlete, Jeff has been an active team member in such sports as rugby (Assistant Captain), swimming (Captain), football, hockey, basketball, weightlifting, soccer, cross-country running, and cricket. As well, Jeff was a successful competitive bodybuilder for six years.

Jeff obtained a Bachelor's Degree and a Master's Degree in Kinesiology and, during this time, his mission became very clear to him. He decided that he wanted to dedicate his life to providing a holistic, client-centered approach to training. Jeff realized his dream when he opened "The Training Station" in London Ontario in 2002; and his clients consistently praise him for his knowledge, his patient but firm coaching style, his passion, and his amazing outcomes.

Jeff focuses on the outcomes his clients need whether it be cardiovascular exercise, health risk factor assessment, weight training, and sport performance by combining his solid academic background and certifications, rigorous personal standards, and substantial experience to maintain both a perfect safety record and highly motivated clients. His track record of developing young, competitive athletes to sustain their competitive level and withstand the associated physical rigours - accident free - is second to none in the London-Middlesex area.

Jeff is very proud of his many clients who have stuck to their programs and achieved their dreams; and he believes that developing personalized goals for each and every client is the driving force behind their success. Working one-on-one in a goal oriented environment, allows Jeff and his clients to achieve maximal results – whether it be adding 15 pounds of muscle, winning a spot on an NHL hockey team, securing an athletic scholarship to a US university, or simply making a lifetime commitment to becoming - *and staying* - more physically fit.

Jeff actively pursues his commitment to lifelong learning by attending accredited international conferences and has been mentored in his craft by Peter Melanson (Head Strength & Conditioning Coach for the US Olympic Committee 2005-2008) and Mike Favre (Strength & Conditioning Coordinator for the US Olympic Committee 2004-2009), at the United States Olympic Training Center in Colorado Springs, Colorado USA. At the USOC, Jeff was able to hone his craft and collaborate with Peter, Mike, and other leaders in the field of Sports Performance.

He has published two articles in "Human Movement Science".



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## THE TRAINING STATION

London's premium fitness training centre: located in downtown London, our upscale and modern fitness facilities feature the best equipment, a wide variety of amenities and a personal trainer with proven results, Jeff Van Damme.

The Training Station caters to not only professional athletes but also working professionals looking to build or start on their fitness goals.

Call The Training Station at **519.438.7204** today to speak with someone about your fitness needs or to schedule an appointment to view our facilities and offerings.

## TESTIMONIALS

### LOGAN COUTURE

August 10<sup>th</sup> 2013

Jeff Van Damme has been my personal trainer for the past 9 years since I was 15 years old. I wanted to achieve my goal of being able to prepare myself physically in order to move on to a higher level of competition in my chosen sport of hockey. I had used the services of another personal trainer the year prior; however I felt that I was not training to my maximum potential nor was I taught proper technique during that experience.

Once I began to work out under the tutelage of Jeff in a one-on-one atmosphere, I knew within a very short period of time that I had made the right choice in a personal trainer.

Jeff is very conscientious, diligent, knowledgeable, sincere and caring for every single one of his clients. He has undertaken a genuine interest in



my training as well as my personal career. Jeff has truly gone the extra mile to spend considerable capital to continually upgrade his gym equipment to some of the latest and finest in the business. His gym is very spacious and I feel quite comfortable every day that I am there. He has also spent considerable time & money to constantly seek further education in all aspects of modern training innovation and information from other accredited professionals such as some of the USA Olympic team trainers.

My time spent training with Jeff during the hockey off-season has essentially prepared me fully for the physical demands and rigors of playing hockey and being able to compete & excel at the highest level in the world. Now at the age of 24 and having enjoyed some success in my sport, I am still very eager and happy to train with Jeff during my off-season in order to maintain my competitive edge against the competition. Jeff has been a huge reason for helping me to achieve the success that I have enjoyed so far in my career.

I highly recommend Jeff to anyone seeking a qualified and dependable personal trainer, from amateur athletes, to those simply looking to improve their personal level of health & strength, to professional athletes.

Logan Couture  
San Jose Sharks, NHL

### DREW DOUGHTY

Hi! I'm Drew Doughty. I'm taking some time to write a testimonial for my off-season trainer Jeff Van Damme.

He has been my personal trainer in London, Ontario from the time I was 17 until the present (I'll be 25 in December 2014).

Jeff has been an excellent trainer for me. He's made me stronger and better in all areas of my off-ice training. Jeff is always doing research and challenging himself to come up with more effective programs for me.

As a person, Jeff is caring, loyal, and completely trustworthy. He has become a friend while maintaining his professionalism and making sure that I continue to develop as an athlete. Although he pushes me to improve, he does so without risking any injury to me. Jeff is all about teaching proper form and investing in excellent equipment to achieve this goal. He wants to prepare and strengthen me so that I can have a long and successful career doing what I love.

As I've mentioned already, Jeff has become a friend and ally. I can count on him to keep things totally confidential. He keeps the gym a safe, secure, and private place so that I can completely focus on what I need to do – without outside distractions. He simply doesn't allow others to come into this space to take advantage of me or distract me. The gym is a comfortable, friendly yet professional place for me to come to so that I can do what I need to do to be in great shape for the season. And when the time comes for me to hit the ice, I am totally ready!

Drew Doughty  
NHL Los Angeles Kings

