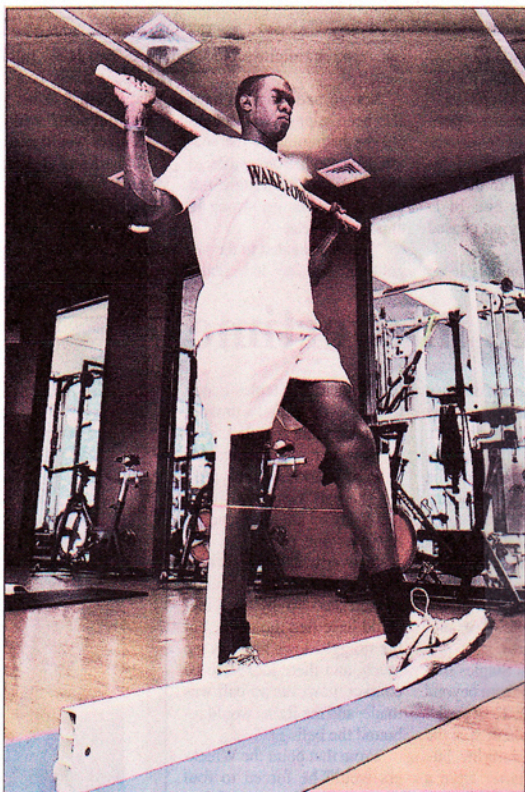


Sports

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SECTION B

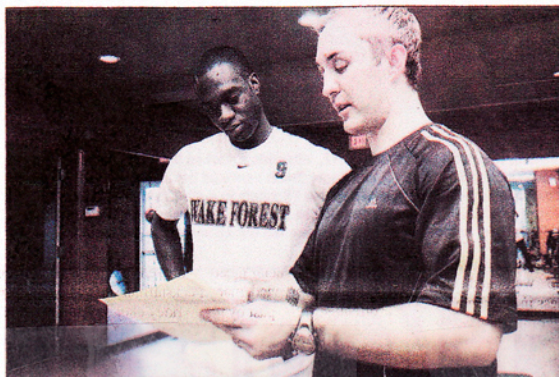
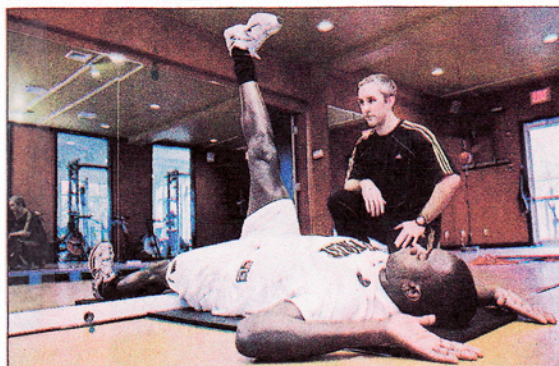
Tracy comes to Westport



Shelley Cryan / For the Westport News

Marcus Tracy works out at FAST Fitness in Westport Jan. 8. Tracy was the NCAA Men's Soccer Player of the Year while playing for Wake Forest University, is about to begin his professional soccer career in the Danish Superliga. See page B4 for more pictures and a short writeup.

TRACY WORKS OUT WITH ZEBRO



Shelley Cryan / for the Westport News

Marcus Tracy the 2008 NCAA men's soccer player of the year spent two weeks of intensive training with Dr EJ Zebro, founder of Integrated Sports Therapy of Westport, getting ready to begin his professional soccer career in the Danish Superliga. The two-hour training sessions which were held at FAST Fitness in Westport focused on balance training and muscular repair and regeneration techniques. Zebro used a movement screen to detect any muscular imbalances on Tracy then developed an individual training program to build a foundation of improved motor patterns to limit the future risk on injuries. (The pictures taken are mostly of the final movement screen performed on Tracy and his movement patterns were notably improved.) Tracy was referred to Zebro by his former premier league coach Mickey Kydes, founder of Beachside soccer. Two current Beachside and Staples standouts Greg Gudis and Julia Byrne also joined in a couple training sessions and they were excited to meet and train with one of their role models. Top two photos, Tracy works out at FAST Fitness, lifting up top and stretching in the middle photo. Bottom photo, Zebro, a certified strength and conditioning specialist, as well as the owner of Integrated Sports Therapy and Tracy review the fitness goals.