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AUSTIN AZTEX FC NAMES CATZ (COMPETITIVE ATHLETE TRAINING ZONE) THE OFFICIAL STRENGTH AND CONDITIONING TRAINERS AND PHYSICAL THERAPY PARTNER TO THE CLUB

USL-1 Soccer Club Turns to CATZ for Competitive Edge

(Austin, TX)- Austin Aztex FC USL Division 1 soccer club is pleased to announce that CATZ (Competitive Athlete Training Zone) of Austin will be providing its world-class strength and conditioning training and physical therapy services to the team. Rehabilitation programs are guided by CATZ Physical Therapy Institute of Pasadena, the founding business of CATZ, which has combined sports performance training and physical therapy for the past decade. This unique combination has attracted many injured professional and amateur athletes, as well as anyone seeking exceptional quality in physical therapy treatment.

As part of the agreement, CATZ will design and deliver customized performance training programs to the team under Head Coach Adrian Heath, and will also provide physical therapy and rehabilitation services to the team.

The team will utilize the CATZ facility in Austin on highway 183N at the intersection of 620, 45, and 183A for these services. This 10,000 square foot center is a state-of-the-art training facility and physical therapy center. The facility includes central Texas' only Alter G® anti-gravity high speed treadmill that allows up to 80% unloading of body weight while maintaining the body's natural gait allowing faster recovery time from injuries and enhanced performance training. CATZ also offers its training and physical therapy in the Lake Travis area.

"We are pleased that Austin Aztex chose CATZ to train the team," said CATZ Founder and President Jim Liston. "We look forward to working with the team to improve their performance on the field while also reducing the risk of injury."

"The Austin Aztex chose CATZ because of their knowledge and background in training elite level athletes," said club President Phil Rawlins, "Add to that CATZ understanding of the demands of soccer and it was obvious to us that they will be a valuable addition to the program as we prepare for our inaugural season in the USL."

About Austin Aztex

The Austin Aztex are Austin's only professional soccer franchise. The new franchise is held by Austin Football Holdings LLC, (AFH) under the ownership of British born business entrepreneur Phil Rawlins. An Austin resident, Rawlins is also an owner and director of Stoke City F.C. who play in the English Premier League. He has had an ownership interest in Stoke City for more than seven years and brings a wealth of management experience in soccer operations. The Austin Aztex have an official affiliation with Stoke City FC. The affiliation includes the English club holding their summer training camp in Austin, scouting for talent both locally and across the US, exchanging players with the Aztex and sharing best practices between the two clubs. For more information on the Austin Aztex, visit www.austinaztex.com or call 512-535-8881.

About CATZ

CATZ – Competitive Athlete Training Zone - is recognized as the premier provider of sports performance training to developing athletes. Men's Health magazine recently named CATZ to its list of America's Top 20 gyms for training. For more than a decade, CATZ has created proven and customized training programs which improve speed, strength, conditioning and overall athletic performance. CATZ-Austin locations include: North Austin (Hwy 620 and 183) and Lake Travis. For more information on CATZ, visit www.catzsports.com, call 512-345-5547 or email info.austin@catzsports.com.

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