

went shoulder surgery during his junior year at Beaverton High School. "At the college level we learn how to increase our strength, power and size. We do a lot of weights, power lifts and eat a lot. Cassidy taught me how to make my entire body more efficient — how to stay loose, flexible and prevent injury."

Combining traditional workouts and Cassidy's conditioning techniques, Laybourn believes he is getting the ideal workout. He still pulls out his big packet of personalized Function Dynamics' exercise routines and spends a half-hour each evening loosening up.

"It's a no-brainer," he says of his continued allegiance to the program.

Everyone should become familiar with Cassidy's alternative remedies for pain and theories on the body's balance. Hundreds of clients stand behind Cassidy. Many have experienced incredible results.

"I want to see improvement within two weeks," admits Cassidy, who focused on peak performance and motivational training while at Stanford. "We'll continue with physical evaluations and readjust supplements (exercise menus) until the client is pain-free."

Personal and team training, fitness classes and summer camps are handled in a similar manner.

According to Scott Olson, Function Dynamics' director of athletics, a number of area schools employ Cassidy's revolutionary fitness methods. Once a Wilsonville High School football coach and strength and conditioning trainer, Olson watched the school's record improve after Function Dynamics came on board.

"I know it made a difference," says the enthusiastic body trainer. "The program creates a scenario where kids can do anything they want to do. It gives

athletes every possible chance to beat their opponent. It unlocks each athlete's full potential. It's unbelievable."

With Cassidy's help, Southridge High School athlete Lauren Schneider was able to postpone surgery and finish out her soccer season after continually dislocating her shoulder.

"Brian gave me a bunch of must-do exercises designed to improve my total fitness and relieve my pain," notes the 15-year-old currently preparing for March's track and field tryouts. "I had surgery in November, and I already have much better range of motion. Cassidy kicks your butt."

Lauren's mom, Kathy, agrees. "I'm a firm believer in Cassidy's overall body fitness," declares the sports apparel representative. "He has saved me."

Living with a chronic bad back, Kathy was able to feel some freedom from her pain after about three days of personal sessions. "I wish more people

knew about him. He can get athletes back to their sport quicker with intense exercise without getting hurt."

"I would feel great if I went out of business," says the family man who initially advised friends from his Beaverton home 10 years ago. "But now business is expanding . . . In five years, I see the program becoming more mainstream. I'm developing a system that will integrate physical therapists, massage therapists and nutritionists. I'm developing a system so others won't have to go through what I went through."

After nine years in the Parkside Business Center, Function Dynamics is not only changing its name, but its location. On March 1 it moved to 9923 S.W. Arctic Drive, across from The Hoop. ADAPT (Athletic Development and Performance Therapy) will appear on the shingle. ■