

Karla Leong, CAT(C), BA Hons (Kin)



Karla is an Athletic Therapist and Certified Strength & Conditioning Specialist based out of EOS Performance Institute in Vaughan. She has worked in private practice with athletes of many different levels ranging from recreational to high performance such as national team members of the York Region Skating Academy and the Canadian Women's National Soccer team. She is working with YRSA as a consultant for injury prevention and off-ice conditioning. As a new member of CWNT Excel team medical staff she has travelled with the team for an identification camp and looks forward to her next camp!