

Sports Performance Enhancement CO-ED CAMP

MONDAYS THRU THURSDAYS
June 25th - July 26th 2012

9 AM - 11 AM

UNIVERSITY OF ROCHESTER
GOERGEN ATHLETIC CENTER

Cost: \$150/Group discounts available.

An informational welcome packet
will be distributed upon receipt
of registration.



URMC Sports Medicine

A program of URMC Orthopaedics and Rehabilitation

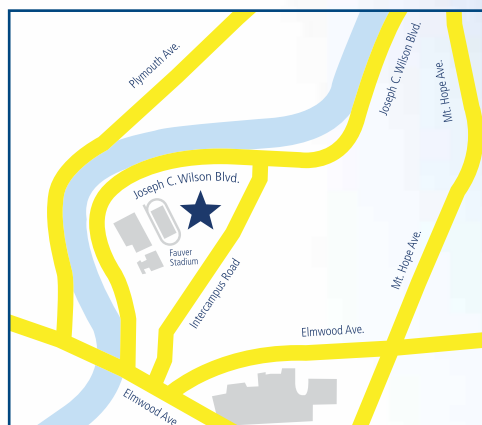
4901 Lac De Ville Blvd.
Suite 110, Bldg. D
Rochester, NY 14618

Questions can be directed to:
Todd Peterson, ATC, PTA, CSCS

CALL TODAY TO REGISTER:

(585) 341-9150

www.sportsmed.urmc.edu



URMC Sports Medicine Sports Performance Enhancement Camp

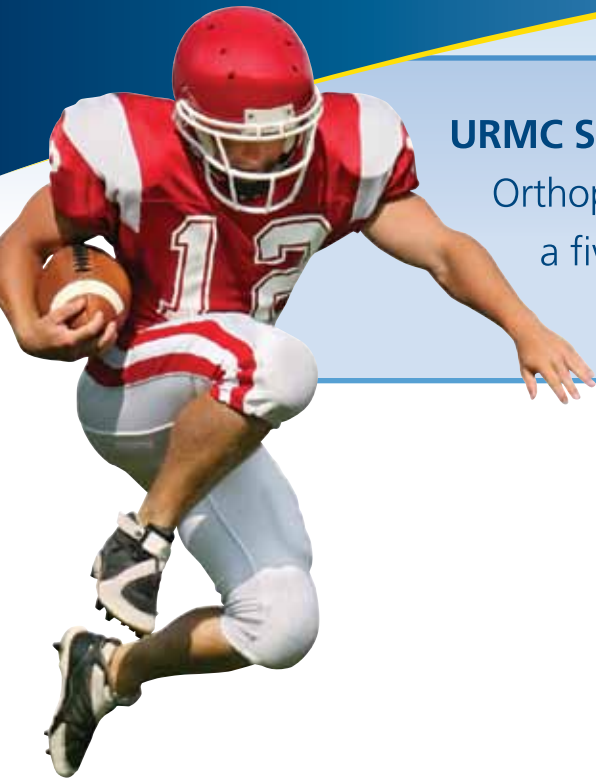


Train to Win
For Dedicated Athletes



UNIVERSITY of
ROCHESTER
MEDICAL CENTER

MEDICINE of THE HIGHEST ORDER



URMC SPORTS MEDICINE, a program of URM
Orthopaedics and Rehabilitation, is hosting
a five week strength and conditioning camp
designed to enhance athletic performance.

WHAT ARE THE GOALS OF THE CAMP?

The camp is scientifically designed to improve an athlete's performance as well as reduce the risk of injury while playing sports. Athletes learn to:

- Improve running form
- Increase agility and foot speed
- Increase flexibility, balance, coordination and joint awareness
- Improve core strength
- Enhance muscle control and strength through plyometrics/jump training
- Avoid vulnerable positions with emphasis on body alignment and proper technique



WHAT IS THE CAMP?

URMC Sports Medicine Strength and Conditioning Specialists, Physical Therapists, and Athletic Trainers have combined their disciplines to create the ultimate performance enhancement program.

Our comprehensive training methods are designed for the most effective approach. The methods combine optimal movement, speed, strength, power, balance, functional flexibility, core stability, explosion, and recovery to enhance athletic performance.

PRE- AND POST- CAMP COMBINE TESTING

- 40 yard sprint
- Pro-agility
- T-test agility
- Vertical jump
- Broad jump
- Body fat percentage
- Body weight
- Lower extremity strength
- Upper extremity strength

All athletes will receive a personal report with their test scores at the end of the camp.

PRACTICE WITH THE PROS!



- Rochester Red Wings players will join us to share their sports tips for success
- Every participant will receive two tickets to an upcoming Red Wings game

