



Sports Performance and Injury Prevention



Team Circuit



Make our center, your center with supervised team work outs!
Great for pre-season, in-season, or post-season training

What you get:

- An intense four week program taught by trained professionals.
- A private, one hour work out for your team.
- Personalized exercise program developed for your team.
- Injury risk assessment with pre and post program testing.
- Injury Report Data.

When it is:

Choose from two four week sessions

- #1- June 21st to July 23rd, 2010
 - #2- July 26th to August 20th, 2010
 - Mondays and Wednesdays 12-1pm
- OR
- Tuesdays and Thursdays 6-7pm

What it costs:

- \$700 per team (max. 18 members) or
- \$99 per team member (min. 5)

Our performance program empowers teams to:

- Jump to the next level of athletic performance.
- Learn good training habits
- Increase core stability
- Increase upper and lower extremity strength.
- Improve balance.
- Reduce risk of injury.
- Develop the discipline and knowledge to train independently.
- Become smarter, more confident athletes.

We emphasize:

- Sports-specific body mechanics.
- Body control.
- Multidirectional movements.
- Developing movement efficiency and quickness.

**SIGN UP TODAY
TO RESERVE YOUR SPACE!**

Please contact a staff member at:
Sports Medicine Center for Young Athletes
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Phone: 925-988-0100
www.sportsmedicineforkids.com