

Summer Sports Performance Camp

June 14 through August 6, 2010

Do you want to ...

run faster?

jump higher?

Do you want to have more ...

agility and quickness?

power and explosiveness?

Do you want to take your game to the next level?



SPEED is an intensive sports performance program designed to improve your athletic ability. This event is sponsored by Agnesian HealthCare's Sports, Spine & Work Center. For more information, call (920) 923-7940 or visit http://www.agnesian.com/sports_spine_work_center.html.

Sports Performance Enhancement & Explosive Development

SPEED ★
NO LIMITS!



Then the SPEED program is the program for you!



AGNESIAN HEALTHCARE IS SPONSORED BY THE
CONGREGATION OF SISTERS OF ST. AGNES

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Provided by the
Sports Medicine Specialists at



**AGNESIAN CENTER FOR
BONE & JOINT HEALTH**
AGNESIAN HEALTHCARE
SPORTS MEDICINE

Summer Sports Performance Camp



What is the SPEED Program?

SPEED is an intensive eight-week program which is designed to challenge your physical abilities. SPEED, a Sports Medicine Program of Agnesian HealthCare's Sports, Spine & Work Center, develops overall sports performance and athletic ability for all athletes regardless of which sport is played.

The SPEED Program incorporates strengthening and cardiovascular conditioning, as well as plyometrics, speed, agility, coordination, flexibility and core strengthening exercises.

The SPEED Program is instructed by the sports performance professionals from the Sports, Spine & Work Center. The participants will train at their designated high school from mid-June through early August. Girls and boys will follow separate training programs developed with their specific needs in mind.

Functional Training

The SPEED staff works to advance participants in their overall quickness, agility, speed, balance, coordination and cardiovascular fitness. Lower and upper body explosive power is incorporated through the use of plyometric training techniques.

Strength Training

This option of the program can be added to the functional training and includes a comprehensive strength training program designed to develop the strength needed to excel in sports. It incorporates a wide variety of lifting techniques and resistance exercises.

The Summer SPEED Program includes:



- Eight weeks of training
- Two training sessions per week
- Pre/post testing
- Individualized comprehensive results packet
- T-shirt

SPEED Program cost (school options):

- \$130 per athlete for the summer functional and strength training programs
- OR
- \$90 per athlete for the summer functional training program

Early Bird Special - \$75 per athlete if payment received by June 1, 2010.

Benefits of the SPEED Program

- Average boys results:
 - 40-yard dash - decreased .1371 seconds
 - 20-yard dash - decreased .2546 seconds
 - Pro-agility - decreased .2592 seconds
 - Vertical jump - increased .1875 inches
 - Chest pass - increased .0083 m
- Average girls results:
 - 40-yard dash - decreased .0619 seconds
 - 20-yard dash - decreased .1606 seconds
 - Pro-agility - decreased .2056 seconds
 - Vertical jump - increased 1.281 inches
 - Chest pass - increased .2438 m
- Allows you to place yourself in control of your own performance.
- Improves ability to work as a team to achieve goals.
- Gives you the edge to excel over your competitors.
- Reduces the risk of injury while providing the opportunity for optimum health.
- Uses sport specific drills to develop a better conditioned and more competitive athlete.

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