



Ohio Orthopaedics & Sports Medicine
presents:

Summer Sports Enhancement Program

Intended For:

Male & Female Athletes

Grades: 7-12

Cost: \$90 (12 sessions)

(no refunds after first session)

What to bring:

**Court shoes (no street shoes),
Grass shoes (cleats), water
bottle & workout clothes**

Session Dates:

July: 1 (pre-test), 6, 8, 11,
13, 15, 18, 20, 22, 25, 27, 29
(post-test)

Sun.: 11, 18, 25,

Tues.: 6, 13, 20, 27

Thurs.: 1, 8, 15, 22, 29

Sunday/Tuesday/Thursday

6:30-7:45pm

Program Location

**Ohio Orthopaedics &
Sports Medicine, Inc.**
1501 Bright Road, Findlay
(on the corner of
Route 12 and Bright Road)

Ohio Orthopaedics & Sports Medicine is now offering a summer program for athletes wanting to gain an extra edge on their competition for this upcoming season. This program emphasizes injury prevention, speed, agility, flexibility, endurance, vertical, core strengthening and/or general conditioning. All key components to achieve the next level. Injury prevention is an important part of everyone's fitness regimen. All sessions are conducted by a Certified Athletic Trainer experienced in injury prevention and will help you reach your optimal athletic/fitness performance goals.

The 12 session's will be about 75 minutes in length on the days listed below. July 1 and July 29 will be used for testing and it will be about 2 hours for assessment. Proper sports attire is required for the indoor/outdoor activities. Parents are welcome to see the latest techniques in injury prevention and sports enhancement.



- Parents are required to attend the first session to complete a parent consent form for participation (*if the participant is younger than 18*).
- Each participant will receive a Ohio Orthopaedics t-shirt or hat.
- If an injury/illness occurs during the Enhancement Program, a medical release form will be required from your Physician or Physical Therapist to continue the exercise program.
- Call today to reserve your spot for our Sports Enhancement Program!

Ohio Orthopaedics & Sports Medicine, Inc., 1501 Bright Road, Findlay, OH 45840

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