

# ATHLETIC ENHANCEMENT

Sponsored by OSPTI

**WHO:** 7<sup>th</sup>-12<sup>th</sup> graders interested in improving athletic performance

**WHAT:** 5-week conditioning program focusing on agility, explosive movements, and strength to improve performance during competition and prevent injury

**Program includes:**

-Agility and Plyometric Exercises

-Aquatic Workouts scheduled for 4<sup>th</sup> and 10<sup>th</sup> session to be performed at OSPTI

-Pre and Post Program Testing

-Core Strength Exercises

**Program Instructors:**

Shawn Krause-Roberts, PT, MPT, ATC

Ben Guck, PT, DPT, ATC, CSCS

Rizzi King, L/PTA

**WHERE:** Breckenridge Middle School Gym - 810 Beede Ave, Breckenridge

**WHEN:** June 22<sup>nd</sup> – July 22<sup>nd</sup> - Tues & Thurs 2:00-4:00 pm

**COST:** \$175.00, price includes t-shirt, resistance exercise band, and water bottle

**REGISTER BY:** June 8<sup>th</sup>, 2009

Fill out and return form below

Call if questions to OSPTI: 218-641-7725

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## Registration Form

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ T-shirt size: S M L XL XXL

Guardian's Signature (if participant is under 18): \_\_\_\_\_

Parent Name/Emergency Contact: \_\_\_\_\_

Parent/Emergency Phone Number: \_\_\_\_\_

Mail completed form and payment to:

**Orthopedic & Sports Physical Therapy Inc.**

**430 5<sup>th</sup> St N, Breckenridge 56520**

**Fax:** 218-641-6625, **Ph:** 218-641-7725

Make Checks Payable to: **OSPTI**

Participants should arrive for the first day with shorts, t-shirt, proper athletic footwear (gym shoes), and a positive attitude.