

Summa Wellness Institute – Sports Performance Programs

SCHOOL / ORGANIZATION: _____ **SPORT:** _____

SECTION 1: How did you find out about the program?

(Please mark all that apply.)

- Summa Wellness Institute Flyer
- Member of Summa Wellness Institute
- Direct Mail @ home (specify _____)
- Newspaper Ad (specify _____)
- Summa Sports Health Newsletter
- Other Newsletter (specify _____)
- TV/Radio Ad (specify _____)
- Sports Program Ad (specify _____)
- Ohio Sport And Fitness Magazine
- Summa Sports Health Website
- Summa Wellness Institute Website
- Other Website (specify _____)
- Former Sports Performance Client (specify _____)
- Friend
- Participated in Lecture/Seminar program by Summa Center for Sports Health
- Golf Pro (name _____ course _____)
- Runners Club (specify _____)
- Athletic Trainer (name _____ school _____)
- Coach (name _____ school _____ sport _____)
- Summa Physical/Occupational Therapy Staff (specify _____)
- Summa Employee (specify _____)
- Heard Dr. Shah present (specify _____)
- Phone Book
- Physician Referral (specify _____)
- Other (specify _____)

SECTION 2: Other programming interests:

Summa Center for Sports Health is dedicated to improving performance and preventing injuries for the athletes in the communities we serve. Please take a moment to tell us what areas of interest that you might be interested in:

- Running Gait Analysis
- Sport Specific Strengthening
- Eye-hand Coordination
- Athletic Fundamentals for Youth
- Football Speed Camps
- Soccer Performance/Injury Prevention
- Cycling Performance/Injury Prevention
- Throwing Performance/ Injury Prevention
- Plyometrics/Jump Training
- Performance Recovery
- Sports Psychology
- Basic Weight Training for Youth
- Football Agility Camps
- Basketball Performance/Injury Prevention
- Volleyball Performance/Injury Prevention
- Tennis Performance/Injury Prevention
- Speed/Agility Training
- Core Strengthening
- Sports Nutrition
- Programs for Tri-athletes
- Football Power Camps