

Get Vertical and Improve Speed/Agility



NOTE: Participants DO NOT have to be a member of the Summa Wellness Institute

Goal: To improve athletic performance (vertical jump, agility, quickness) while reducing the likelihood of knee injuries sustained by athletes.

Benefits:

- Improve vertical jump, agility, speed
- Assess areas of weakness, poor flexibility and address them through specific exercises
- Pre and post assessments
- improved movement patterns allowing for more efficient movement resulting in improved quickness, agility and power
- injury prevention as a result of improved movement patterns
- evidence based
- small group sessions to allow for more individualized attention
- stresses quality of movement vs. quantity

What parents of former participants have said:

- "I like to know that healthcare professionals are running the program because I see so many times where the programs cause injury or the athlete has an issue and likes knowing the medical staff can look at them and monitor them during the program."
- "I like the individualized and technique training vs. large group"

The program:

- 2x/wk x 6 weeks
- Pre and post testing
- Technique training
- Plyometrics, agility, strengthening, flexibility, balance
- Sessions last 1 – 1.5 hrs

Cost: \$75 per person

Where: Summa Wellness Institute

When: various times throughout the school year

Summa Wellness Institute
5625 Hudson Dr., Hudson
(330) 342-4400

Pre-Registration Required:

Summa Wellness Institute at (330) 342-4400

Mail in: Summa Wellness Institute
5625 Hudson Dr.
Hudson, OH 44236

Checks Payable to:

Summa Wellness Institute

For additional information regarding Sports Health Programs:
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www.summahealth.org/sportshealth