

Spring Special
Only \$111
(Reg. price \$140)
Ends 5/30/14.

Amp up your game!



2014 sports enhancement program: June 9 - July 24

Building better athletes

Reid Sports Medicine's Sports Enhancement program is a comprehensive strength and conditioning program for athletes entering grades 6 through 12. It is designed for students eager to enhance sport performance in strength, conditioning, acceleration, speed, power, footwork and agility, flexibility and vertical jumping. We will emphasize reducing the risk for injury by addressing specific dynamic risk factors. Athletes will be taught safe training techniques.

Expert staff and facilities

Athletic trainers and performance enhancement specialists use our state of the art facility, and the latest techniques and methods for improving performance.

Vertimax trainer for power and vertical jumping • High speed treadmill with the MASS safety system • Suspension training • Full gymnasium

Strength training

Strength training for grades 6-8 will focus on body weight and core training with an introduction to safe weight lifting. Grades 9-12 will focus on core strength, plus moderate to high intensity weight training, depending on their sport.

Tap into your athletic potential

Register today

Name: _____

Address: _____

Email: _____ Athlete's phone: _____

Age: _____ Gender: _____ Grade in Fall: _____ Parent's phone: _____

Primary sport: _____ Secondary sport: _____

Parent(s)/Guardian (name & address) _____

Sessions are Monday - Thursday

Preferred session times: 8 – 9:30 a.m. 3 – 4:30 p.m.

Mail registration and check to: Reid Rehabilitation Center, Attention: Brian Steele
1100 Reid Parkway, Richmond, IN 47374 or bring it to Reid Rehabilitation Center, 2021 Chester Blvd.

Fee: \$111 per person if registered by 5/30/14, or \$140 after this date. Checks should be made payable to Reid Hospital. Team sessions are available and can be arranged by contacting Brian Steele at (765) 983-3092.