

SPORTS PERFORMANCE TRAINING

IMPROVE YOUR GAME!

ATHLETE RECEIVES:

- Program consultation
- Pre/post fitness evaluation
- Individualized program
- Maintenance exercise program

RATES

Performance Enhancement Evaluation: \$50

Performance Enhancement Training:

- Individual session \$45
- 8 Sessions \$280 (or 3 payments of \$112)
- 16 Sessions \$520 (or 3 payments of \$208)
- 24 Sessions \$720 (or 3 payments of \$264)

Team/Group Rates: Call for details!

SPORTS ENHANCEMENT

An experienced team of strength and conditioning specialists train athletes, ages 10 and up, to reach their highest individual potential by improving speed, power, agility, flexibility, endurance and core strength. Athletes at any fitness level can improve their performance through this specialized strength and conditioning program designed to enhance skills for a specific sport or activity.

Most injuries to the lower extremity occur while jumping, landing, running and cutting. Mercy Sports Medicine specialists can help competitive and recreational athletes improve their performance and limit their risk of injury by teaching proper techniques and injury prevention exercises.

For more information, call Mercy Sports Medicine at 330-966-8920.

Mercy Sports Medicine
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Visit our blog at cantonmercy.org/sports



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SPORTS MEDICINE