

Sports Medicine: High School Programs Sport Specific Performance Enhancement Program

Designed to increase cardiovascular and muscular strength and endurance through exercises specifically tailored to each sport. Techniques used to improve cardiovascular and muscular strength and endurance promote good exercise habits and improve athletic performance. Education on injury prevention strategies is provided and reinforced.

Program Objectives

- Identify individual or group (team) areas of weakness
- Improve cardiovascular strength and endurance
- Enhance muscular strength and endurance
- Customize appropriate warm-up and cool-down programs

Program Focus

- Educate athletes on injury prevention strategies through knowledge and self-recognition of bad habits
- Provide aggressive total body strength and endurance exercises to improve athletic performance

Program Provides

- Six one-hour sessions over two weeks
- Education and “train away” of bad exercise habits
- Individual warm up and cool-down programs
- Home exercise program for “off-day” training

For more information contact:

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