

## **Sports Medicine: Youth Programs Little League Performance Enhancement**

Program developed to improve all aspects of the young athlete's game. It focuses on improving hand-eye coordination as well as strength, speed and power with exercises that are challenging and entertaining. Throwing biomechanics are improved by increasing strength and flexibility of the shoulder.

### **Program Objectives**

- Improve cardiovascular endurance
- Improve agility and power
- Increase body core strength
- Develop custom warm-up and cool-down programs
- Increase vertical jump height

### **Program Focus**

- Specialized exercises and drills designed to:
  1. Improve throwing biomechanics
  2. Improve base-running
  3. Improve hitting
- Hands-on stretching and treatment to improve muscle balance

### **Program Provides**

- Six one-hour sessions over two weeks
- Batting and base running video analysis
- Personalized stretching and strengthening program
- Speed and agility training

### **For more information contact:**

Christine Noller  
Director, Sparrow Orthopedic Service Line  
517.364.5301  
[Christine.Noller@sparrow.org](mailto:Christine.Noller@sparrow.org)

Kristen Gilmore, ATC  
Sparrow Sports Medicine Athletic Trainer  
517.364.4229  
[Kristen.Gilmore@sparrow.org](mailto:Kristen.Gilmore@sparrow.org)