

Sports Medicine: Youth Programs Softball 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:

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