

Sports Performance Training **Fact Sheet**

What are the benefits of Sports Performance Training at The Hetrick Center?

- ▶ Increased Speed
- ▶ Greater Endurance
- ▶ Boosted Strength and Power
- ▶ More Flexibility
- ▶ Better Agility
- ▶ Improved Balance and Coordination
- ▶ Enhanced Sports Nutrition

All with minimal impact to the athletes' ankles and knees!

What makes the Sports Performance Training Program at The Hetrick Center unique?

- ◆ We use a combination of land-based and aquatic training to maximize an athlete's fitness and to minimize the inherent shock an athlete's body normally takes during training.
 - ◆ We incorporate a Sports Nutrition component in our program to assist our athletes in reaching their full potential.
- ◆ We use heart-rate monitors to record real-time statistics in order to analyze endurance, heart-rate recovery and exertion.
- ◆ Qualified Doctors, Physical Therapists, Physical Therapist Assistants and Performance Training Specialists are present at all times encouraging the athletes in a clinical setting.

Who can benefit from Sports Performance Training?

We recommend the Sports Performance Training Program© for any serious athlete, high-school aged or older, who is competing at a high level in their sport. The program is very intense and requires the athlete's full dedication throughout the program to reap all the benefits.

500 North Union Street Middletown, PA 17057 Tel: 717.944.2225 Fax: 717.944.0932	6481 Carlisle Pike Mechanicsburg, PA 17050 Tel: 717.796.2225 Fax: 717.796.2229
845 Sir Thomas Court Harrisburg, PA 17109 Tel: 717.652.4002 Fax: 717.652.4005	20 North Barbara Street Mount Joy, PA 17552 Tel: 717.492.0303 Fax: 717.492.0309