

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.

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