



CHILDREN'S HOSPITAL  
& RESEARCH CENTER OAKLAND



LOCATIONS IN OAKLAND • WALNUT CREEK • MODESTO

## Sports Medicine Center for Young Athletes

744 52nd St., Oakland, CA 94609 • **510-428-3558** • [www.childrenshospitaloakland.org](http://www.childrenshospitaloakland.org)

### Sports Performance and Injury Prevention Program “Summer Circuit Series”

Supercharge your Sports Performance & Eliminate Fitness “Weak Spots”

#### What is a Summer Circuit?

- A specialized youth strength and flexibility program
- A station based training that targets the whole body, emphasizing the core
- Two sessions a week for (10) total sessions

#### When is it:

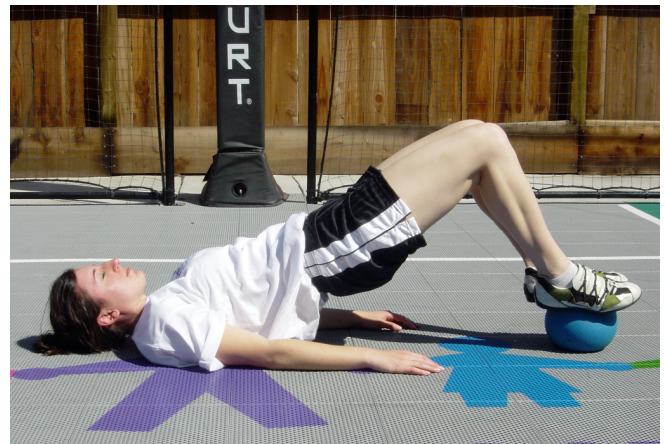
June 15, 2009- August 15, 2009  
Monday and Wednesday, 7 PM-8 PM

#### What it costs:

\$149.00 per five week session

Reserve your spot quickly, as there are a limited amount of spaces.

**RSVP:** Sports Medicine Center, 510-428-3558, option 3



Our sports performance program empowers the young athlete to:

- Increase core stability
- Improve balance
- Become a smarter, more confident athlete
- Learn good training habits
- Develop the discipline and knowledge to train independently

We emphasize:

- Sports-specific body mechanics
- Body control
- Multidirectional movements
- Developing movement efficiency and quickness

More details about our Sports Medicine Center for Young Athletes can be found at [www.childrenshospitaloakland.org](http://www.childrenshospitaloakland.org) or call the Sports Medicine Center at **510-428-3558**