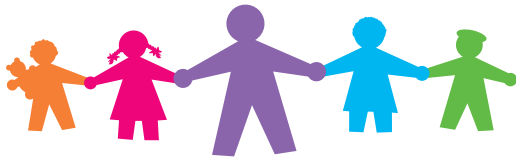


Undivided Attention.



Unsurpassed care.™



**CHILDREN'S HOSPITAL  
& RESEARCH CENTER OAKLAND**

747 52nd St., Oakland, CA 94609

**Sports Medicine Center for Young Athletes**

Children's Hospital Oakland Outpatient Center, 744 52nd St., Oakland, CA 94609

**510-428-3558** • [www.childrenshospitaloakland.org](http://www.childrenshospitaloakland.org)

# Individual Sports Training Available

For athletes who want to take the next step!

If you want to grow as an athlete, individualized sports training can teach you what it takes.

Because all athletes don't come in one size, individualized workouts are designed just for you.

Workouts include:

- Advanced CORE training exercises so you can stand up to the pressure
- Dynamic warm-up and stretches to prepare you for the game
- Strengthening for a bigger impact on the playing field
- Specialized drills for speed, quickness and agility to get the job done fast

## We will get you FIT, FAST AND STRONG!

Perform and feel like the athlete you know you can be



Enjoy the benefits of **one-on-one training** so specific deficiencies can be addressed in an efficient manner.

**"The Individual Sports Training at Children's Hospital Sports Medicine Center for Young Athletes got me stronger in my off season so I could dominate the competition this year!"**

— Bob Gregorski, 17 years old

**"I really benefited from the Individual sports training program. It made me a better athlete."**

— Amey Dokes, 15 years old

FOR YOUR CONVENIENCE, WE ALSO SCHEDULE APPOINTMENTS AT OUR SPECIALTY CARE CENTERS IN **PLEASANTON, WALNUT CREEK AND MODESTO.**