



CHILDREN'S HOSPITAL
& RESEARCH CENTER OAKLAND

747 52nd St., Oakland, CA 94609 • www.childrenshospitaloakland.org

Undivided Attention.



Unsurpassed care.™

Sports Medicine Program for Young Athletes Sports Performance and Injury Prevention Program “TRAIN THE CHAIN”

Our program helps you develop efficiency and quickness throughout the kinetic chain of athletic movements common to many sports.

- Learn the **fundamentals of athletic performance** from the ground up.
- Three-phase program includes:
 - **Strengthening** all muscle groups in the kinetic chain
 - Field **agility** and **speed**.
- Learn and practice:
 - A **dynamic** warm-up
 - A static stretching program for **quick recovery** and **relaxation**.
- We **measure your performance improvement** with pre- and post-class measurements of:
 - Vertical jump (power and strength)
 - Core strength
 - Anaerobic capacity
 - Timed T-test (quickness and agility).

Program consists of:

- Intense six-week program
- Taught by trained professionals, including:
 - Physical therapists (PT)
 - Certified athletic trainers (ATC)
 - Certified strength and conditioning specialists (CSCS).
- Two in-clinic group sessions each week (12 total)
- One group field session every other week (3 total)
- Detailed instructions and exercise list for home follow-up
- \$300 per six-week session

Our sports performance program empowers the young athlete to:

- Increase core stability
- Increase lower extremity strength
- Improve balance
- Reduce risk of a lower body injury
- Become a smarter, more confident athlete
- Jump to the next level of athletic performance
- 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.

For more information and to register:

**Sports Medicine Center
for Young Athletes**

Tel: 510-428-3558

Fax: 510-597-7045

**[www.childrenshospitaloakland.org/
healthcare/depts/sports_overview.asp](http://www.childrenshospitaloakland.org/healthcare/depts/sports_overview.asp)**

We are located at Children's Hospital & Research Center – Outpatient Center,
744 52nd St., Oakland, CA 94609