

DO YOU WANT TO...
RUN FASTER?
JUMP HIGHER?

DO YOU WANT TO
HAVE MORE...
AGILITY AND QUICKNESS?
POWER AND EXPLOSIVENESS?

DO YOU WANT TO
TAKE YOUR GAME
TO THE NEXT LEVEL?
THEN SPEED IS THE
PROGRAM FOR YOU!

SPEED is an intensive sports performance program designed to improve your athletic ability.

This event is sponsored by SSM Health
Therapy Services.

For more information, call 920-923-7940 and
ask for Raven Gmach or Tyler Schwarz.

ssmhealth.com/SPEED



SSM HEALTH THERAPY SERVICES
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SUMMER SPORTS PERFORMANCE CAMP



SUMMER SPORTS PERFORMANCE CAMP

JUNE 13 TO
JULY 27, 2022

WHAT IS THE SPEED PROGRAM?

SPEED is an intensive seven-week program which is designed to challenge your physical abilities. SPEED, a sports medicine program of SSM Health Therapy Services, develops overall sports performance and athletic ability for all athletes regardless of which sport is played.

The SPEED Program incorporates strengthening and cardiovascular conditioning, as well as plyometrics, speed, agility, coordination, flexibility, and core strengthening exercises.

The SPEED Program is instructed by the sports performance professionals from SSM Health Therapy Services. The participants will train at their designated high school from mid-June through late July. Girls and boys will follow separate training programs developed with their specific needs in mind.

FUNCTIONAL TRAINING

The SPEED staff works to advance participants in their overall quickness, agility, speed, balance, coordination, and cardiovascular fitness. Lower and upper body explosive power is incorporated through the use of plyometric training techniques.

Participants utilizes medicine balls, parachutes, weight sleds, agility ladders, and other equipment to improve performance.

THE SUMMER SPEED PROGRAM INCLUDES:

- Seven to eight weeks of training
 - Two training sessions per week
 - Post testing
 - Electronic timing
 - T-shirt
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SPEED PROGRAM COST

- \$110 per athlete for the summer training program
- Early Bird Special - \$90 per athlete if payment received by June 3, 2022



BENEFITS OF THE SPEED PROGRAM

- Allows you to place yourself in control of your own performance.
- Improves ability to work as a team to achieve goals.
- Gives you the edge to excel over your competitors.
- Reduces the risk of injury while providing the opportunity for optimum health.
- Uses sport specific drills to develop a better conditioned and more competitive athlete.