Directions:

Tippecanoe High School from the North:

I-75 S to exit 69.

Left onto S. County Rd. 25-A.

Right onto Donn Davis Way.

Entrance to the school will be on the Left.

Weight Room entrance is located on the North end of the school.

Tippecanoe High School from the South:

I-75 N to exit 69.

Right onto S. County Rd. 25-A.

Right onto Donn Davis Way.

Entrance to the school will be on the Left.

Weight Room entrance is on the North end of the school.

Troy Junior High School from the North:

I-75 S to exit 74.

Left onto Main St/OH-41.

Left onto Adams St.

Entrance to the gym is on the west side of the school.

Troy Junior High School from the South:

I-75 N to exit 74.

Right onto Main St/OH-41.

Left onto Adams St.

Entrance to the gym is on the west side of the school.

Upper Valley Medical Center
Premier Health Partners

Center for Sports Medicine
450 N. Hyatt, Suite 102
Tipp City, Ohio 45371

UVMC Center for Sports Medicine

Sports Enhancement and Injury Reduction Programs

Summer 2013

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1-866-608-FIND

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Upper Valley Medical Center
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Explosive Speed and Power (ESP)

■ **For athletes in grades 9-12, collegiate and professional athletes**

■ Utilizes Olympic lifts and core body strengthening techniques to improve power and strength.

■ Incorporates proper running mechanics/ ground based speed drills, plyometric jumping techniques and flexibility exercises.

When: June 10 - July 18 (Make-up week July 22-25)

Morning: 10:00 -11:50 a.m.
3x/wk (M/T/TH)
4x/wk (M/T/W/TH)

Afternoon: 12:30 -2:20 p.m.
3x/wk (M/T/TH)
4x/wk (M/T/W/TH)

Where: Tippecanoe High School/weight room, 615 E. Kessler-Cowlesville Rd., Tipp City

Cost: $170 for 3x/wk
$225 for 4x/wk

Explosive Speed and Power Jr. (ESP Jr.)

■ **For athletes who will be in grades 7 or 8 next school year.**

■ Utilizes age-appropriate strengthening activities and emphasizes education on proper form and techniques as well as injury prevention.

■ Incorporates proper running mechanics/ ground based speed drills, plyometric jumping techniques and flexibility exercises.

When: June 10 - July 19 (Make-up week July 22-26)
11:00 a.m.-12:30 p.m. (M/W/F)

Where: Tippecanoe High School/weight room, 615 E. Kessler-Cowlesville Rd, Tipp City

Cost: $170

Sportsmetrics™ Knee Injury Reduction Program

■ Comprehensive training program specifically designed for **female athletes** grade 7-12, collegiate and professional.

■ Scientifically proven to reduce knee injuries and improve performance for sports that involve pivoting, cutting or jumping such as soccer, basketball and volleyball.

■ Combines a dynamic warm-up with plyometric drills, strength training and flexibility

When: June 10 - July 19
Morning: 9:30-10:30 a.m.
(M/W/F)

Where: Troy Junior High School
656 Adams St., Troy

Cost: $95

**To register for all classes, call Carefinders at 1-866-608-FIND
or register online with credit card payment at UVMC.com/ESP or UVMC.com/Sportsmetrics**