



Wayne HealthSports

Volume 7, Issue 2 – April 2021

ATHLETES *in action*



Upcoming *events*

PASP COURSES

Monday, July 19
6:00 to 8:30 pm

Location:

Wayne HealthCare Outpatient
Rehabilitation Center
1111 Sweitzer Street
Greenville, OH 45331

To register, contact:

Jim Beyke, Director of
Rehabilitation Services
937.569.6941
james.beyke@waynehealthcare.org

ANNUAL COMMUNITY SPORTS PHYSICALS

Wednesday, June 16
Thursday, July 15
6:00 pm to 8:00 pm

Location:

Family Health
5735 Meeker Road
Greenville, OH 45331

Eligible Schools:

Ansonia, Franklin Monroe,
Greenville, Mississinawa Valley,
and Tri-Village

Cost: \$15

Registration Required:

Sign-up online or contact your
school's athletic department.

Download the OHSAA
Physical Examination Form

Healthy Meals

Chicken & Broccoli Stir-Fry

Prep Time: 5 min

Cook Time: 7 min

Ready In: 27 min

Yield: 4 servings

Ingredients

- 1 lb. chicken breast (approx. 2 breasts), cubed
- 3 scallions, whites only, thinly sliced on a bias
- 2 tablespoons sugar
- 1 tablespoon dark sesame oil
- 1 tablespoon dry sherry
- 1 tablespoon soy sauce
- 2 cloves garlic, minced
- 1-inch piece peeled fresh ginger, minced
- 1 tablespoon, plus 1 teaspoon cornstarch
- Kosher salt and freshly ground black pepper
- Approx. 1/3 cup water
- 3 tablespoons vegetable oil
- 5 to 6 cups broccoli florets and sliced stalks
- 3/4 to 1 teaspoon red chili flakes, optional
- 1 tablespoon hoisin sauce
- Toasted sesame seeds, for serving, optional
- Jasmine rice, for serving, optional

Directions

- In a medium bowl, toss the chicken with the scallion whites, sugar, sesame oil, sherry, soy sauce, about half the garlic, half the ginger, 1 teaspoon of the cornstarch and 1 teaspoon salt. Marinate at room temperature for 15 minutes. Mix the remaining 1 tablespoon cornstarch with 1/3 cup water in a small bowl and reserve.
- Heat a large nonstick skillet over high heat. Add 1 tablespoon of the vegetable oil and heat. Add the broccoli stems and stir-fry for 30 seconds. Add the florets and the remaining garlic and ginger, 2 tablespoons water, 1/4 teaspoon salt and some black pepper. Stir-fry until the broccoli is bright green but still crisp, about 2 minutes. Transfer to a plate.
- Get the skillet good and hot again, and then heat the remaining 2 tablespoons vegetable oil. Add the chicken and red pepper flakes if using. Stir-fry until the chicken loses its raw color and gets a little brown, about 3 minutes. Add the hoisin sauce, return the broccoli to the pan and toss to heat through. Stir in the reserved cornstarch mixture and bring to a boil to thicken. Add more water if needed to thin the sauce, if necessary. Taste and season with salt and pepper.
- Mound the stir-fry on a serving platter or divide among 4 plates and garnish with sesame seeds; serve with rice.

Nutrition Facts

4 Servings

Amount per serving

Calories 431

Total Fat 16g

Saturated Fat 2g

Cholesterol 66mg

Sodium 1097mg

Total Carbohydrates 40g

Dietary Fiber 4g

Protein 32g

Sugar 8g

RECIPE COURTESY OF
FOODNETWORK.COM

Elevate Your Game

Become a stronger, more stable, and powerful athlete.



Wayne Sports Performance Program

Take your performance to the next level

Wayne Sports Performance Program offers training and techniques to give athletes or aspiring athletes the edge to take their performance to the next level. Training programs are personalized to identify and correct each athlete's weaknesses, while maximizing their athletic potential. A pre and post assessment will be performed to determine the athlete's current baseline and identify what hard training is needed to get them to their goal. Our program is tailored toward the junior high athlete looking to safely progress their physical development and improve mobility, stability, strength, agility, power, and speed. Our focus is to bridge the gap between Sports Medicine and Sports Performance to enhance performance and minimize the risk of injury.

Brand new state-of-the-art facility and a team of experts

Athletes will train in our brand new Wellness Center, which includes a 10,000 sq. ft. state-of-the-art gym, 30-yard turf area, and walking/running track. Athletes will also have access to a team of experts, including certified athletic trainers, an exercise physiologist and collaboration with physical therapists, registered nurses, and Orthopedic Surgeon Dr. Safet Hatic.

For more information, contact Robyn Feitshans at: 937.569.6504 or robyn.feitshans@waynehealthcare.org

Register online today.

WayneHealthCare.org/SportsPerformanceProgram

JUNE 1 – JULY 1

(5-week Program, 10 sessions)

**TUESDAYS & THURSDAYS
3:30PM – 4:30PM**

**Middle School (Grades 6-8)
Cost: \$100**

Registration Deadline: May 27

AREAS OF FOCUS:

- ▶ Plyometrics
- ▶ Strength
- ▶ Speed/Agility
- ▶ Core
- ▶ Flexibility

March is National Athletic Training Month



ESSENTIAL TO HEALTH CARE



Wayne HealthSports is a division of the rehabilitation and sports medicine services offered by Wayne HealthCare. Wayne HealthSports offers Athletic Training at Ansonia, Franklin Monroe, Greenville, Mississinawa Valley and Tri-Village.

Wayne HealthSports athletic trainers work closely with area orthopedic surgeons, family physicians, podiatrists, and other medical professionals in the area. The goal of the program is to provide high quality athletic training services that will enhance the medical care for our student athletes.

Meet the Wayne HealthSports Athletic Trainers!



Kurt Moneysmith
Ansonia



Alyse Grilliot
Greenville



Taylor James
Greenville



Ethan Nealeigh
Franklin Monroe



Chelsea Ostendorf
Mississinawa Valley



Rachel Lamb
Tri-Village

ATHLETES *in action*





Mark Your Calendars!

Annual Community Sports Physicals

Wednesday, June 16

Thursday, July 15

6:00 pm - 8:00 pm

Family Health - 5735 Meeker Rd., Greenville

Cost: \$15

Students entering grades 7-12 for the 2021-2022 school year from Ansonia, Greenville, Franklin Monroe, Mississinawa Valley, and Tri-Village are eligible.

Pre-Registration is Required:

[Sign-Up Online](#) or Contact your School's Athletic Department

[Download the OHSAA Physical Examination Form](#)



Wayne HealthSports

For more information about Wayne HealthSports or Wayne HealthCare Outpatient Rehabilitation, please contact:

Wayne HealthCare
Outpatient Rehabilitation Center
1111 Sweitzer Street
Greenville, OH 45331

937.547.5714

For more information about rehabilitation, orthopedic and sports medicine services, please visit:

WayneHealthCare.org

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