

# 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 or to register online,  
scan the QR code or visit:

[WayneHealthCare.org/SportsPerformanceProgram](http://WayneHealthCare.org/SportsPerformanceProgram)

Or contact Robyn Feitshans:

937.569.6504

[robyn.feitshans@waynehealthcare.org](mailto:robyn.feitshans@waynehealthcare.org)



**MAY 30 – JUNE 29**

*(5-week Program, 10 sessions)*

**TUESDAYS & THURSDAYS**

**3:30PM – 4:30PM**

**Middle School (Grades 6-8)**

**Cost: \$100**

*Registration Deadline: May 25*

### AREAS OF FOCUS:

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