

If your daughter plays Soccer, Field Hockey, Basketball, Lacrosse or softball, this clinic is for her!

Space is Limited

Please Register Early.

Youth Girls (grades 4th-8th) Injury Prevention, Speed and Agility Training

The research shows that ACL tears, overuse injuries, and patella femoral syndrome are growing rampantly in young female athletes. Athletes are being asked to do more and more sport specific training year round, their bodies are not prepared correctly, and their bodies are breaking down.

ABT is the top Performance Training Center in the Metro West area. ABT was created by athletes for athletes. The owners and the coaching staff are ALL experts (highly degreed and credentialed) in the field of Strength and Conditioning, Exercise Science or Athletic Training. WE are leaders in the field.

The girls will learn:

- How to warm up and stretch properly
- Proper running mechanics (no more arms flailing)
- How to correctly accelerate & decelerate
- How to efficiently change direction
- Proper core training
- Proper Nutrition
- How to safely and effectively prevent overuse injuries

When: Tuesday's: 9/24, 10/1, 10/8, 10/15, 10/22

Where: ABT-Holliston

Time: 5:45-6:45 pm

Cost: \$99

When: Wednesday's 9/23, 10/2, 10/9, 10/16, 10/23

Where: ABT-Milford

Time: 5:45-6:45 pm

Cost: \$99

For more information please call 508-306-4646

Or email abt_info@yahoo.com

ATHLETES NAME _____ DOB _____ AGE _____ GRADE _____

SPORT(S) _____ POSITION(S) _____

PARENT(S) NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ CELL _____

PARENTS E-MAIL _____

INJURIES OR MEDICATIONS _____

PAYMENT Check/Visa/MC/Disc/Cash CARD # _____ exp _____

NAME ON CARD _____

Please enroll the above individual in the Sports Performance program. I understand that, Athletic Based Training, or anyone employed by the facility will not assume responsibility for accidents incurred as a result of participation in the program. I attest that the athlete is in good health and is able to participate in rigorous physical activity at Athletic Based Training. In the event of an injury, Athletic Based Training has my permission to administer emergency first aid. I understand that sessions are non-refundable, non-transferrable, and have a definitive start and end date.