

*Total Fitness Connection is committed to providing the most effective sports services to your Athletes. Our emphasis is simple: Optimize your Athlete's performance and strength as efficiently as possible.*



*We wish to work with your athletes in teaching them the proper way to train for power and speed as well as to educate them as to the importance of proper nutrition. We also provide injury screening as well as pre-game taping for your athletes at your request.*

**"Our goal is Simple... To Help you Meet Yours."**

**SPORTS ENHANCEMENT**  
**AT**



**542 Three Springs Road  
Bowling Green, KY 42104  
Phone: (270)782-3503  
Ask for Sean Hamilton or  
Todd Stinson**

**SPORTS ENHANCEMENT**  
**TOTALFITNESS**  
**CONNECTION**  
*Physical Therapy & Fitness*  
**TODAY'S PROFESSIONAL TRAINING**  
**FOR**  
**TOMORROW'S**  
**PROFESSIONAL ATHLETE™**



# Total Fitness Connection: WHY CHOOSE US?

- **Accessibility**– Your athletes can be seen by our physical therapists during all business hours and evenings by simply calling to make an appointment. There is no charge for athletic screening.
- **Education**– We instruct your athletes in the proper way to train. The program focuses on a progression of strength and agility exercises utilizing periodization principles.
- **Variability**– We can tailor a program to meet your athletes' needs. We design our sports enhancement programs with the specific athletic requirements in mind.
- **Expertise**– We have comprehensive experience with on field injury assessment, athletic taping, musculoskeletal injury rehabilitation, and strength & conditioning.



# SPORTS ENHANCEMENT

Our program is designed to develop each athlete's *coordination, balance, strength, speed, and agility*. The program always considers the specific movement patterns and common potential injuries that may be unique to an athlete's sport.



To ensure maximal injury prevention, each participant will receive a musculoskeletal screening by our licensed Physical Therapist. Each participant will also receive a pre-assessment that measures strength, speed, endurance, flexibility, and vertical jump as well as sport specific measures. Each program takes place for 8 weeks. Program options are strength training on Monday, Wednesday, and Friday; speed and agility training on Tuesday, Thursday; or the combination of both, working Monday through Friday. At the end of the 8 weeks, a post-assessment will measure the results of the athlete's performance.

## SPORTS ENHANCEMENT OPTIONS

**Sports Enhancement:** 8 week program

Times 3:30, 4:30, or 5:30

- ★ **Strength & Speed** (5days/week) - Total of 40 1 hour sessions
- Speed & Agility** (2days/week) - Total of 16 1 hour sessions
- Strength** (3 days/week) - Total of 24 1 hour sessions
- ★ *Ensures maximal results due to progression of both strength & speed classes combined.*

**Group Functional Training:** 10 sessions, 60 min. time length

Times (chosen by availability of trainer)

**Personal Training ( 1 on 1):** 10 sessions, 30min. or 60min.

Times (chosen by client)

**Ask about team discounts!**

# SPORTS ENHANCEMENT

## Athletic Taping and Bracing:

Pre-game taping is provided at your request to ensure that any athlete with a questionable injury can perform at his or her highest level of function. If an athlete is injured we have the capability to provide full sports medicine physical therapy with an understanding of the importance in returning to competition as quickly as possible.



## Nutrition:

Sports Enhancement programs include nutrition education and guidance from our staff certified nutritionist. Your son/daughter will be instructed on proper dietary habits.

## Sports Enhancement:

Every sports enhancement participant receives a screening, by a licensed physical therapist, designed to reveal any key deficits that may translate into potential injuries. Training adaptations are then implemented based on screen findings.



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