



**SPORTSMETRICS™
INJURY PREVENTION &
PERFORMANCE TRAINING**

Did you know that every year 1 in 100 high school female athletes will suffer a serious knee injury?

Sportmetrics™ is the scientifically proven program designed by Cincinnati SportsMedicine and Orthopaedic Center that can reduce your risk of injury AND enhance your performance.

Sportmetrics™ is a comprehensive jump training program that combines plyometrics, strength training and flexibility. It is the only scientifically proven program that reduces the risk of knee injury, increases jump power and improves leg strength for sports like soccer, basketball and volleyball that involve pivoting, cutting or jumping. This is an excellent program for both girls and boys!

Pre-Test: Friday, October 10, 2008
4:30 – 5:30 pm

Dates: October 13 – November 21
Mon, Wed, & Fri
4:30 – 5:30 pm

Post Test: Wednesday, November 24, 2008
4:30 – 5:30 pm

Cost: \$100.00** per athlete

**** Discounts and scholarships available for local middle and high school athletes – call for details! ****

Don't Be Left On the Sidelines This Season!

Name: (First) _____ (Last) _____
Address: (Street) _____
(City) _____ (State) _____ (Zip Code) _____
Method of Payment: Check # _____ Cash
 Credit Card/Debit Card Card # _____ Exp: _____
Signature: _____

T-Shirts Size: (Circle) Small Medium Large X-Large

CALL to Register TODAY!
(770) 967-9301 or register in person at:
4875 Hog Mountain Road, Suite A
Flowery Branch, GA 30542
Space is Limited!