

Finger Lakes Sports Institute Presents:

INJURY PREVENTION AND PERFORMANCE IMPROVEMENTS FOR ALL HIGH SCHOOL ATHLETES

SPRING SEASON: TENNIS

TRACK AND FIELD

BASEBALL

SOFTBALL

LACROSSE

Modules:

1. Quicker Lateral Movements: Exercises during Practice
2. Protecting the throwing shoulder with stretching
3. Protecting the throwing shoulder with strengthening



**Sponsored
by:
Team
BrownStone
And
Dr. Chris
Brown**

**Newark High School
Sat. March 14, 2015
2:30-4:00pm**

- For Parents: Come Watch!
- For Coaches: All Exercises are provided on CD's!
- For Athletes: Get Better!

Bring your entire team!

This seminar is for athletes, parents, and coaches. The purpose is to reduce injury risk by improving athletic fitness. A 20-minute introduction session will precede three (3) 20-minute stations in which all participants will receive one-on-one training. Coaches will receive video and written instruction materials. Parents will receive an informational guide.

GOALS:

1. Address pre-disposing reasons for the most frequent injuries sustained during spring sports: **muscular weakness and tightness.**
2. Help coaches deliver stretching and strengthening **exercises appropriate year-round.**
3. Allow parents an opportunity to experience injury reduction classes **for their child in their school.**

The Finger Lakes Sports Institute is an organization which provides medical and training information to amateur and professional athletes.

Team BrownStone provides support to the high-school and recreational athlete with coaching, training guidance and support groups . **Team BrownStone** sponsors professional athletes with financial and training support.

TEAM BROWNSTONE

Co-Director: Andrew Engelbach-Schafer, DPT

Co-Director: Theresa Barry, DPT