



Athletic Enhancement Program

What: Speed, Power, Strength, Conditioning and Injury prevention program for Athletes using age and skill appropriate exercises in areas of movement improvement, flexibility, running technique training, plyometrics and agility.

Consists of:

- Dynamic Warm-up to get loose and emphasize movement skills
- Running mechanics
- Agility and quick feet drills
- Development of a plyometric program
- Strength training, predominantly with bodyweight exercises for all muscles including core
- Injury prevention by teaching proper technique and deceleration skills as well as shoulder stabilization exercises
- Very progressive in nature, so consistent attendance is critical for success

Who: PROeX Sports Medicine No Off-Season Athletic Enhancement Training led by Eddie Papis, CSCS, USAW

- Wellness Center and Athletic Enhancement Director, Hopedale Wellness Center
- Bradley University Asst. Strength and Conditioning Coach for past 7 years
- 2004 State of Illinois YMCA Physical Programmer of the Year
- Over a decade of coaching experience at all levels in multiple sports
- 15 years experience working with athletes at all levels with successes ranging from pro contracts signed, all area or state selections to regional, sectional and state championships. A list of athletes and teams worked with available upon request.

When: Wednesday, March 3 from 3:30-5

Where: Tremont Grade School Gym

Cost: \$15

Who: 4th through 6th graders