



Premier Health Sports and Human Performance Sports Performance and Injury Reduction Camps

Premier Performance Edge implements current and effective training methods in sports and human performance. Edge uses an outcome based training model focusing on an athlete's functional ability. Along with assessments that will evaluate an athlete's speed, power, and agility, the functional assessment will identify areas of weakness and provide a baseline of athletic ability.

Edge Camp

Edge Camp uses the same techniques and philosophy of the Edge program but is offered only in the summer as a seven week program.

- For athletes in grades 9-12, collegiate and professional athletes
- Utilizes Olympic lifts and core body strengthening techniques to improve power and strength.
- Incorporates proper running mechanics/ground based speed drills, plyometric jumping techniques and flexibility exercises.

Tippecanoe High School weight room (615 E. Kessler-Cowlesville Rd., Tipp City, OH)

- For athletes grades 9-12, collegiate
- June 3 - July 18
- Monday - Thursday (4x/wk)
- 10-11:45 a.m.
- Cost: \$275



To register for all classes, call CareFinders at **1-866-608-FIND (3463)** or by visiting **UVMC.com** (<http://www.uvmc.com/Sports-Medicine/Athletic-Performance-Programs/>)

Registration deadline for all classes is May 24, 2019.

Premier Health Sports and Human Performance

Edge Camp Jr.

Edge Camp Jr. also uses the same techniques and philosophy as the Edge program however is designed keeping in mind the musculoskeletal differences of younger athletes.

- For athletes who will be in grades 6-8 next school year.
- Utilizes age-appropriate strengthening activities and emphasizes education on proper form and techniques as well as injury prevention.
- Incorporates proper running mechanics/ground based speed drills, plyometric jumping techniques and flexibility exercises.

Tippecanoe High School weight room

(615 E. Kessler-Cowlesville Rd., Tipp City, OH)

- For athletes going into the 6, 7 or 8th grade
- June 3 - July 18
- Monday - Thursday (4x/wk)
- 11:30 a.m.-1 p.m.
- Cost: \$250

Train utilizing a sport specific approach that translates to peak performance on the court and field.



KneeFit

A comprehensive training program specifically designed to improve the dynamic stability of the knee by refining movement patterns when pivoting, cutting, and jumping.

Troy Junior High gymnasium

(556 Adams St., Troy, OH)

- For athletes grades 7-12, collegiate
- June 3 - July 18
- No class the week of July 1-5
- Monday, Wednesday, Thursday (3x/wk)
- 9 -10:30 a.m.
- Cost: \$225



UVMC Center for Sports Medicine
450 N. Hyatt St., Suite 102
Tipp City, Ohio 45371



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