

Testimonials

What our Coaches and Parents Say:

Jen Snowbarger (Wooster Varsity Volleyball Coach)

“Every year I’ve brought the Wooster Volleyball team to HealthPoint I’ve witnessed consistent strength and conditioning improvement in my athletes. They come to pre-season camp in shape which allows me to work on skill related drills. Most importantly, I’ve seen a dramatic decrease of injuries in-season. Without question HealthPoint works.”

Rick Heather (Parent)

“My son has become a much stronger and faster Massillon football player because of HealthPoint. He’s playing both sides of the ball and is one of the most well conditioned athletes on the team.”



The HealthPoint Advantage

Where you condition is just as important as how you condition. At HealthPoint we offer the BEST program in Wayne County. Here’s just a few of our benefits:

- Each class is instructed by degreed professionals with extensive experience in athletic strength and conditioning.
- Exercise Testing/Evaluation and Interpretation to help you recognize your development
- Conditioning at least three times a week in our newly renovated state of the art facility
- **FREE EPIC** (see far page for description) performance testing will rate you on a NSCA approved star rating. See how you compare to the pros!
- Access to Physical/Occupational and Athletic Trainers to help minimize the risk of injury.

Your Professional Instructors



Jeremy Brantner
M.S. in Ex. Phys
CES Certified



Amy Mast
B.S., ATC
Athletic Trainer



Mike Stoops
M.S., ATC
CSCS, CES Certified



Brian Coote
DT, MBA, SCS,
CSCS Certified

Injury Prevention MEETS Performance Enhancement

HealthPoint

*Sports Specific
Training*

Performance Class and Team Conditioning



THOMSON REUTERS
TOP HOSPITALS
NATIONAL
2007, 2008, 2009

3727 Friendsville Road
Wooster, OH 44691
• **330.202.3300**
Please ask for Sports Specific Training
www.woosterhospital.org

Conditioning Information

Skill sets we improve:

Lateral Speed and Agility (LSA)

Improvement of recognition and reaction to athletic movements, along with footwork and speed of direction change.

Endurance

Techniques of training for an-aerobic, aerobic, speed and muscular endurance.

Vertical Power

Athletes will be educated on proper mechanics while jumping, leaping and bounding.

Straight Ahead Speed (SAS)

Techniques of running mechanics will be individually examined and corrected to instantly improve an athletes speed.

Strength

Proper techniques of lifting and strength development will be taught based on sport and age appropriateness. Everything from Body Weight activity to Olympic Lifts will be utilized.



Sports Performance Lab



The Sports Performance Lab includes VO2 Max testing and Lactate Threshold Testing. VO2 Max testing is the single best measure of cardiovascular fitness and aerobic endurance, combined with Lactate Threshold testing (the point during increasing intensive

exercise at which lactate begins to accumulate in the blood) enables HealthPoint's staff to access the athlete's potential and develop training zones. These training zones thereby maximize the athlete's training and improve performance results.



Cost: \$150.00

Sign up four teammates and the fifth is free.

Class Schedules

Generalized Sport Conditioning

Generalized Sport Conditioning: For the athlete looking to stay in shape during his/her offseason. All skill sets are addressed in a progression based class.

Monday/Wednesday/Thursday 3:15PM - 4:15 PM

Sport Specific Pre-Season Conditioning

Preseason Conditioning is meant for our athletes who begin practice for their sport in less than two months. Our intense developmental program will help you arrive to practice in the best shape possible. Times TBD

Sport Specific Team Training

For all Coaches and Teams who wish to organize a class or skill camp of their own, HealthPoint has Sport Specific Team Training available:

- Classes can meet up to 4 times a week at HealthPoint or in YOUR gym!!
- Teams must have at least **8 participants** to qualify
- Skill sets and conditioning techniques are designed specifically for the sport the team plays
- Includes **FREE** pre and post testing/measurements
- Includes a **FREE EPIC rating**
- Times we meet are decided by the team! You choose!
- For more information contact Jeremy Brantner Health and Wellness Specialist 330-202-3318



EPIC Performance Testing

Do you know how you compare to the competition in your sport? Are you the fastest/strongest and most agile? With EPIC ratings you will find those answers!

What is a EPIC rating?

The EPIC Rating is a NSCA approved method that will allow you to compare your athletic abilities to other athletes in your sport. By participating in up to four events a detailed method of analysis will rate you on an easy to understand numerical standing.

What tests are performed?

Vertical jump
Pro Agility Test (5-10-5)
10 yd run- Laser Timed
And/or
40 yd Run - Laser Timed



What do the results mean?

Following your testing session, a detailed analysis will be provided to help you determine your athletic ability. Not only will you learn how you compare to other athletes nationwide, but you will also identify ways to improve your performance!

FOR 2011 ONLY

Have your entire team tested by HealthPoint for FREE! In 2011 have your coach contact us and we will travel to your school and test as many athletes as you have at NO CHARGE!

Call 330-202-3318