

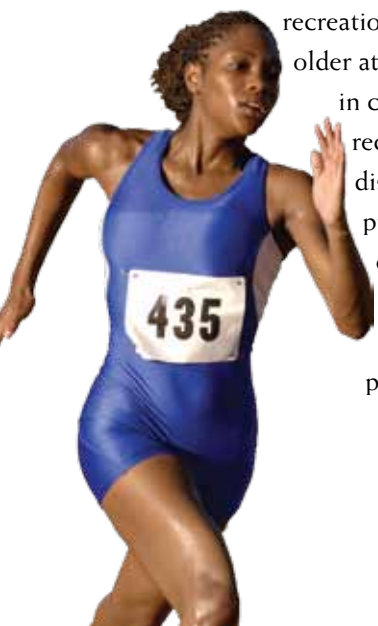
PROGRAM OVERVIEW

Our team of highly trained professional Exercise Physiologists, Fitness Specialists and Athletic Trainers design and direct the specific program to meet your individual needs and goals, including: speed, agility, strength, power and self-confidence.



Sports Acceleration is a 4-8 week training program consisting of 2-3 sessions per week lasting approximately 1½ hours each, you can start your program at any time. This program benefits any competitive individual age 10 years and older with a minimum height requirement of 54". We offer several levels of training programs ranging from youth protocols for beginning athletes,

recreational protocols for older athletes participating in competitive and recreational sports, distance running protocols that emphasize endurance and conditioning for emergency response professionals.



This international training program is offered in the greater Dayton area only through Kettering Sports Medicine Center. Sports Acceleration is not a camp or clinic, it is the ultimate training program. Our program allows individual flexibility in scheduling assessments and appointments.



The Super Treadmill

The core of the Sports Acceleration program incorporates athletes running on the super treadmill, which reaches a top speed of 28 mph and an incline of 40 degrees. By scientifically adjusting interval time, speed and incline, the Super Treadmill targets the two components of running faster: stride length and stride frequency.



Plyometrics

Plyometrics are exercises designed to improve your balance and body position and spatial awareness as well as quickness, agility, explosiveness and vertical and horizontal jumping ability. Our plyometric program uses patented shock absorbing platforms which reduce strain on the body while still allowing you to train at your maximum ability.

Weight Training

Each individual receives a specifically designed weight program based on strength assessment that targets weaknesses and emphasizes a proper strength base. Weight equipment specifically designed for the Sports Acceleration program along with machines and free weights are utilized.

Sprint Cords

Our patented sprint cords are used to safely recruit and isolate specific muscles used in running, kicking and throwing. This allows you to train at velocities used in actual athletic competition without limiting range of motion. Sprint Cord technology has been expanded to include the multi-sprint cord which encompasses a variety of arm movements for all sports.

ENHANCE YOUR PERFORMANCE

- Improve your conditioning and reduce recovery time
- Train your body to perform beyond its natural ability
- Manage your injury rehab to safely return to sport

Other athletes have attained improvement through Sports Acceleration, setting records:

Top Female Runner: 21 mph
 Top Male Runner: 26 mph
 Top Vertical Jump: 33 inches
 Top Pro-Agility Shuttle Time (electronic): 4.20 sec.

PROGRAM DETAILS

- You can start your program at any time
- Complete program prior to start of your sport season
- Physical assessments evaluated pre and post training
- Individualized programs address your weaknesses
- Train with our patented programs and equipment
- View athletic testing scores online

ACCELERATION TEAM TRAINING

Customized workouts to give your team the winning edge

The Sports Acceleration Team Training program enhances sport-specific speed and agility while emphasizing proper techniques that lower the risk of injury. Keeping in mind your training goals, each session may include one or all of the following:

- Speed development
- Start technique/first step quickness
- Plyometrics and proper jumping/landing form
- Agility
- Conditioning
- Weightlifting
- Combine skills sessions
- Testing (electronic 40 yd. dash, vertical jump, pro agility, etc.)





SPORTS ACCELERATION PROGRAM

Sports Acceleration is a unique training program developed by nationally known exercise physiologist John Frappier. Our program utilizes interval training, plyometrics, weight training and sprint cords to develop and improve your **Speed, Foot Quickness, Explosiveness, Agility, Strength and Power.**



SPORTS NUTRITION

Learn how to manage your health and nutrition needs while enjoying food you love. This program includes a full nutrition and exercise training analysis by our registered dietician to compare caloric needs to caloric intake. The athlete will receive nutrition information directed at maximizing performance. This nutrition summary will provide individualized recommendations based on your nutrition and fitness goals. Ask about other programs offered through our nutritionist.



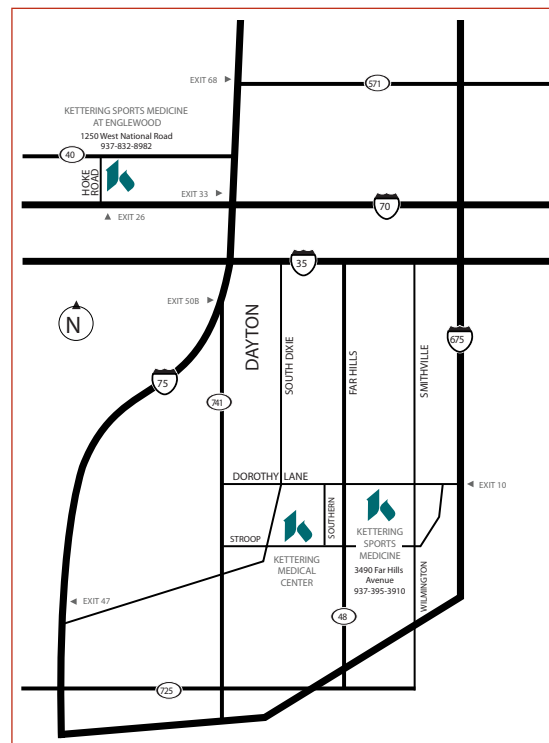
Kristin King

*USA Hockey, Olympic Bronze Medalist
Sports Acceleration Program*



The Acceleration program at Kettering Sports Medicine Center was an excellent supplemental conditioning program that enabled me to

enhance my speed, quickness and power. It also led to a better overall feeling of being in great physical shape. I went into the season feeling stronger and faster than I've felt in a long time. After having gone through the program, I noticed in my play that I had a stronger foundation, my first three steps of acceleration and power were improved and my footwork was also better. I enjoyed every aspect of the Acceleration program, but I would have to say I enjoyed the treadmill running the most. Although very challenging, it's what pushed me to the next level. As an elite athlete having gone through this program, I would definitely recommend it to athletes of all levels.



Call us today for more information about our services or to schedule a tour of our state-of-the-art training facilities. Individual, group, team and college rates are available.



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SPORTS ACCELERATION

THE ULTIMATE TRAINING PROGRAM

