

Sportsmetrics 2017 Schedule

Sportsmetrics High School
Valders High School
201 E Wilson St., Valders

Dates: June 12-July 26
(No class July 3 or 4)
Days: Mon./Wed./Fri.
Time: 7:30-9 a.m.
Cost: \$99.00

Sportsmetrics Youth
Valders High School
201 E Wilson St., Valders

Dates: June 12-July 26
(No class July 3 or 4)
Days: Mon./Wed./Fri.
Time: 7:30-9 a.m.
Cost: \$99.00

Sportsmetrics High School
Mtwc. Lutheran High School
4045 Lancer Cir., Manitowoc

Dates: June 5-July 20
(No class July 3 or 4)
Days: Mon./Tue./Thur.
Time: 7-8:30 a.m.
Cost: \$99.00

Sportsmetrics Youth
Mtwc. Lutheran High School
4045 Lancer Cir., Manitowoc

Dates: June 5-July 20
(No class July 3 or 4)
Days: Mon./Tue./Thur.
Time: 8:30-10 a.m.
Cost: \$99.00

Sportsmetrics High School
Roncalli High School
2000 Mirro Dr., Manitowoc

Dates: June 5-July 20
(No class July 3 or 4)
Days: Mon./Tue./Thur.
Time: 10-11:30 a.m.
Cost: \$99.00

Sportsmetrics Youth
Roncalli High School
2000 Mirro Dr., Manitowoc

Dates: June 5-July 20
(No class July 3 or 4)
Days: Mon./Tue./Thur.
Time: 11:30 a.m.-1 p.m.
Cost: \$99.00

Sportsmetrics High School
UW Manitowoc
705 Viebahn St., Manitowoc

Dates: June 12-July 27
(No class July 3 or 4)
Days: Mon./Wed./Thur.
Time: 3:30-5 p.m.
Cost: \$99.00

Sportsmetrics Youth
UW Manitowoc
705 Viebahn St., Manitowoc

Dates: June 12-July 27
(No class July 3 or 4)
Days: Mon./Wed./Thur.
Time: 3:30-5 p.m.
Cost: \$99.00

High school sessions are for those entering grades 9-12
Youth sessions are for those entering grades 6-8

Any athlete may attend at any school
Register Online at:
lakeshoreorthopaedics.com/sportsmetrics

Sportsmetrics Certified Instructors



Krystel Otto
Athletic Trainer
Lakeshore Orthopaedics



Krystine Kroeplien
Athletic Trainer
Lakeshore Orthopaedics



Anna Mielke
Athletic Trainer
Lakeshore Orthopaedics



Maddie Schmitt
Personal Trainer
HFM Wellness Center

Questions? Call Lakeshore Orthopaedics Sports Medicine
(920) 320-4565

Lakeshore Orthopaedics Sports Medicine is a Certified
Clinical Site for Cincinnati SportsMedicine Research and
Education Foundation



lakeshoreorthopaedics.com/sportsmetrics

HFM Sportsmetrics™ Knee Injury Prevention Program



 Cincinnati SportsMedicine & Orthopaedic Center

 Lakeshore Orthopaedics
Holy Family Memorial
Sponsored by the Franciscan Sisters of Christian Charity

What is the risk for serious knee injury?

- Each year in the United States, one in 100 female high school athletes will suffer a serious, season-ending injury. Alarming, the rate of knee ligament injuries in female athletes is 6-10 times that of male athletes depending on the sport.
- The risk of tearing the ACL is higher in sports involving cutting, jumping, landing, and pivoting.
- The cost of an ACL injury per athlete, including reconstruction and rehabilitation, is approximately \$17,000.



Sportsmetrics™ is the first ACL injury prevention program scientifically proven to help young athletes avoid non-contact ACL injuries and improve performance.

What is Sportsmetrics?

Sportsmetrics is a six-week jump training program that meets three times per week. Each session is approximately one and one-half hours and includes the following components:

- **Dynamic Warm-up:** Prepares the body with functional based activities that use sport specific motions.
- **Plyometrics/Jump Training:** Used to focus on correct jumping technique and are divided into three two-week phases. Each phase has a different training focus and the exercises change accordingly.
- **Speed and Agility Training:** Emphasizes body alignment and form while performing sprinting and cutting movements.
- **Strength Training:** With emphasis on body alignment and form, this section focuses on development of core strength and improving overall muscular efficiency.
- **Flexibility Training:** Stretching is essential to achieve maximum muscle length, allowing muscles to work with power through complete range of motion.
- **Pre- and Post- testing:** Detects deficiencies and identifies athletes who may have an increased risk for serious knee injuries. Testing includes drop jump test, hop test, single-leg squat, vertical jump and hamstring flexibility.



What can it do for me?

Performing maneuvers with sound mechanics decreases the likelihood of an injury and is essential to maximizing sport performance. A solid foundation of strength, coordination and overall physical conditioning is required for athletes to attain their highest potential for sport-specific skills.

Train with Sportsmetrics to reduce your risk of injury and enhance competitive athletic performance.

Sportsmetrics has been scientifically proven to:

- Reduce the risk of serious knee injury
- Increase vertical jump height
- Improve take off and landing mechanics while jumping
- Reduce side-to-side motion of the knee
- Decrease the rate of re-injury for those athletes/ individuals with a past history of knee injury and/or ACL reconstruction
- Increase lower extremity strength, balance and flexibility



Small group training with a certified Sportsmetrics instructor provides participants with the individualized attention they need.