

# ATHLETIC DEVELOPMENT AND PERFORMANCE TRAINING PROGRAM FOR MIDDLE SCHOOL STUDENT ATHLETES

Improve your performance, prevent injury and ultimately be better prepared for the demands of high school training and sports with this unique program from the Sports Performance team at Ohio State Sports Medicine.

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## Program Highlights

- Pre-screen assessment and personalized recommendations for each participant
- Postural work (upper back, abdominals, glutes) to reduce risk of injury
- Strength training to improve independent, bi-lateral lower and upper body strength
- Education on recovery, nutrition, safety, importance of warm-up
- Speed and agility work for more efficient movement patterns

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## Program Details

Tuesdays and Thursdays 10:00 a.m. - 12:00 p.m.  
Hastings Middle School

### SESSION 1

June 6 - 29  
Cost: \$200

### SESSION 2

July 11 - 27  
Cost: \$150

### BOTH SESSIONS

Register for both and pay only \$325

To sign up, email [Daniel.Inglis@osumc.edu](mailto:Daniel.Inglis@osumc.edu)