

Sports Performance & Injury Prevention Training



This unique, intensive program is designed to improve soccer sports performance and decrease your risk of injury.

We aim to create powerful and explosive athletes that are healthy and injury free. Our Training Protocols are designed specifically for youth athletics and have been tested effective through studies at the University of Washington. This is the first training program of its kind in the Seattle metro area. The fundamentals of this program are being used by professional teams in the MLS and Germany. There are over 250,000 ACL injuries every year in the U.S. Studies show that athletes who participate in neuromuscular training programs can reduce occurrence of ACL injury by 72% (Hewett et al 1999).

Benefits of this training helps players take their performance to the next level. It teaches them how to be healthy and injury free for a lifetime.

The Sports Performance & Injury Prevention Program will be running for 8 weeks starting this month! Space is limited so reserve your spot now!

What to expect:

We measure pre- and post-training to give positive feedback to parents/players about performance increases, address possible needs of the athletes, and to continue to track and develop our specific training protocols. Week 1 will consist of our pre-test and introduction of training program. Results will be accessible to parents following our eighth training session.

Program is 8 one hour sessions.

Dates: Wednesdays

Mar 17th – May 5th

Time: Starts @ 5:00PM

Location:

Small Faces Child Development Center
9250 14th Avenue Northwest
Seattle, WA 98117-2306
(206) 782-2611
www.smallfaces.org

Cost:

\$155.00. Includes pre/post biomechanical testing, functional analysis, 7 training sessions, and positive feedback report at conclusion of program.

To Register Contact:

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