



Marshfield
Clinic®

Athletic Training Services

Athletic Enhancement Training 2019 Registration

Goals for the conditioning and injury prevention summer program:

- Reduce the risk of injury
- Improve flexibility, balance, and footwork
- Improve speed (decrease 40yd dash times)
- Increase Vertical Jump (improve explosive power)
- Improve weight room max totals (bench/squat)
- Increase self-confidence

Marshfield Clinic Sports Medicine will be offering Athletic Enhancement Training this summer for athletes in the area grades 7 -12.

Program details: 24 sessions over 6 weeks including pre and post-training testing. Sessions include warm-up, medicine ball, mini-bands, speed and agility ladders, core activity, sprinting, plyometrics, and conditioning

When: Monday through Thursday, June 17- 23, June 24 – 27, July 8 – 11, July 15-18, July 22-25, July 29- Aug 1. Session times 7:00 – 8:00 am or 4:00pm – 5:00pm .
Please note time preference on registration form below.

Where: Ladysmith High School

Who: Marshfield Clinic Sports Medicine Licensed Athletic Trainers will be offering the program to athletes grades 7 – 12.

Price: \$100.00

Please include payment with registration to secure your spot.

Registration Information:

Name: _____ Grade: _____

School: _____ T-shirt Size: _____

Preferred Training Time: 7– 8 am or 4–5 pm

Medicine Ball Choice: 12lb 15lb 18lb

Registration with payment can be mailed to:
Athletic Training
MMC-Ladysmith
900 College Ave W
Ladysmith, WI 54848

For questions or more information,
please call (715) 532-5561
ext. 41301