

# "GIRL POWER" Train Like a Girl

## *ACL INJURY PREVENTION & PERFORMANCE TRAINING*

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Sportmetrics™ is a comprehensive jump training program that combines plyometrics, strength training and flexibility. It is the first scientifically proven program that reduces the risk of knee injury, increases jump power, and improves leg strength for sports like volleyball that involve pivoting, cutting or jumping.

**Location:** Portage Northern High School

**Dates of Participation:** June 16, 23, 25  
July 7, 9, 14, 16, 21, 23, 28, 30  
Aug 4, 6, 11, 13

**Session 1:** 3:00-4:00pm  
**Session 2:** 4:00-5:00pm

**Total Cost:** \$100.00

- In addition, the following Sundays from 5:00-6:00 pm will be formal weight training in the igloo weight room, addressing specific concerns for the female athlete and the demands of volleyball.
- June 21, 28; July 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, 2<sup>nd</sup>; and August 9<sup>th</sup>.

If you have questions on the program content, please feel free to email Gretchen Mohney, MA, ATC, CSCS  
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