



**EVERETT PHYSICAL THERAPY**

**SPORTS PERFORMANCE CENTER, LLC**

AN IRG AFFILIATE

## **The Athlete Development Program:**

### ***What is your goal?***

Make the Varsity team? Get off the bench? Get back into the game? Or maybe just enjoy athletic participation more. No matter what, The Athlete Development Program at Everett Sports Performance Center assists athletes of all ages, sports, and skill levels in maximizing their athletic development and potential. With the areas largest team of Certified Strength and Conditioning Specialists, and backed by one of the largest networks of Rehabilitative and Physical Therapists in the Northwest, we will bring you or your athlete to a new level of performance and confidence in sports. The training program is divided into two specific 60 minute sessions, available on the same day or on separate days:

***Movement Development Program:*** Athletes will focus specifically in the development of multi-dimensional athletic movement categories, such as:

- ***Dynamic Flexibility***
- ***Speed and Quickness Development***
- ***Multi-Directional Agility***
- ***Biomechanics and Movement Efficiency***
- ***Reaction Improvement***
- ***Energy System Development***
- ***Balance and Stability Development***
- ***Injury Prevention***

***Strength Development Program:*** Certified Strength Training education in age appropriate/developmentally based classes for all level athletes. This includes:

- ***Teaching correct Strength Training technique***
- ***Olympic Lift education for explosive power development***
- ***Total Body Strength Development***
- ***Core Strength***
- ***Joint Stability***
- ***Sports Specific Strength for continuous skill improvement and injury prevention.***

All members are tracked in our performance database and given monthly athletic assessments for definitive results. We offer multiple classes, an online scheduling system, and continuous staff education to guarantee we are always using the most up to date and proven training systems.

**Contact us today for a free week trial and full Athletic Assessment!**

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[www.everettpt.com](http://www.everettpt.com) · 425-512-0671