

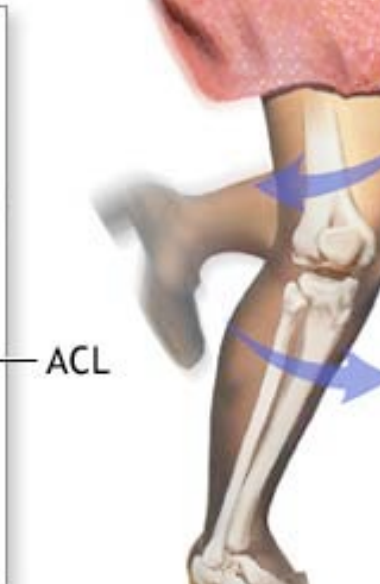
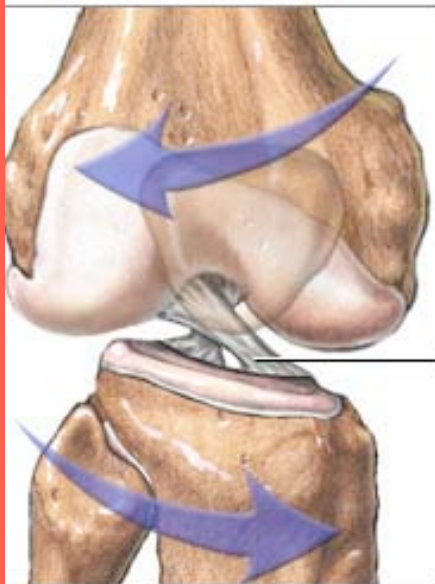
SESSION I

\$ 30 per coach

COACHES

ALL WOMEN'S SPORTS

11.6.2009



ACL

ACL injuries occur when bones of the leg twist in opposite directions under full body weight

Come Learn How to Train Properly and Prevent Future Injuries....from an EXPERT

SESSION II

FREE

Female Athletes

PARENTS & COACHES TOO

11.8.2009

Dynamic interactive format geared toward female athletes (9 years old to collegiate level), coaches and parents.

At completion of the presentation, all attendees will have a much greater

understanding of how the female athlete should be trained differently than the male athlete to improve athletic performance but most importantly, REDUCE injury risk.

SESSION II - FREE
November 8th, 2009

2:00 - 4:30 p.m.

West Linn High School
Performing Arts Center
5464 West 'A' Street
West Linn, 97068

SESSION I - \$30pp
75pg COACHES MANUAL
November 6th, 2009
5:30-9:30 p.m.
Jesuit High School
Student Center
9000 Bvtn/Hillsdale Hwy
Portland, 97225

Laura Ramus - WNBA Detroit Shock Head Athletic Trainer

NATIONALLY renowned speaker on Female Athletes and ACL Injury Prevention

RSVP TODAY FOR SESSION I....Questions?

Patti O'Mara p.omara@comcast.net

Glen Lee lee.hoops@gmail.com

Checks Made Payable to:

Generously Sponsored By:

Advance Sports and Spine Therapy

503.723.0347