

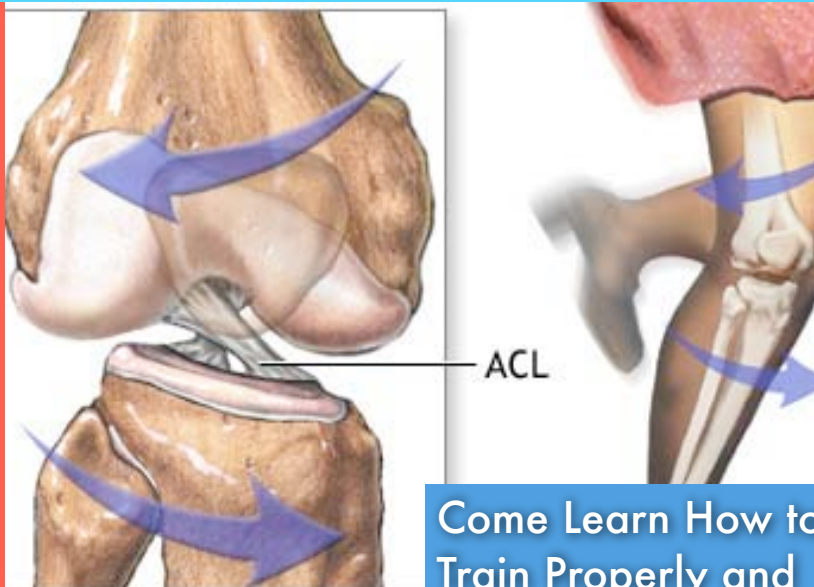
COACHES COACHES COACHES COACHES

SESSION I

\$ 30 per coach

COACHES
ALL WOMEN'S SPORTS

11.6.2009



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**

ENTRY FEE

INCLUDES:

- DINNER
- 75 PAGE COACHES

MANUAL

It is Invaluable for Injury

PREVENTION

RSVP TODAY!!! lee.hoops@gmail.com

SESSION I - \$30 pp
November 6th, 2009

5:30-9:30 p.m.

Jesuit High School

Student Center

9000 Bvtn/Hillsdale Hwy

Portland, 97225

Checks Payable to:

Advance Sports and Spine

This presentation is **CRITICAL** to **CHANGING** your program to begin preventing injuries amongst your athletes.

This course is taught in a classroom setting, it also includes breakout

sessions of dynamic demonstrations of **WARM UPS, STRENGTH TRAINING, JUMP TRAINING** and **SPORT TECHNIQUE.**

This program gives coaches a more in-depth study of the topic and practical tools to apply to your team **THE NEXT DAY!**

SESSION II - FREE
FEMALE ATHLETES
PARENTS
COACHES

November 8th, 2009

2:00-4:30 p.m.

West Linn High Sch

Performing Arts Ctr

5464 West 'A' St

West Linn, 97068

Laura Ramus - WNBA Detroit Shock Head Athletic Trainer

NATIONALLY renowned speaker on Female Athletes and ACL Injury Prevention

RSVP TODAY.... Questions? More Info?

Patti O'Mara p.omara@comcast.net

Glen Lee lee.hoops@gmail.com

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