

Name _____

Address _____

City _____

State _____ ZIP _____

Home Phone _____

Parents/Guardians Names and
Work Numbers

This course will be held at Kennett High School

Tuition is \$185.00

Please make checks payable to **MCPT** and mail to:

Mountain Center Physical Therapy

37 Main Street

P.O. Box 1828

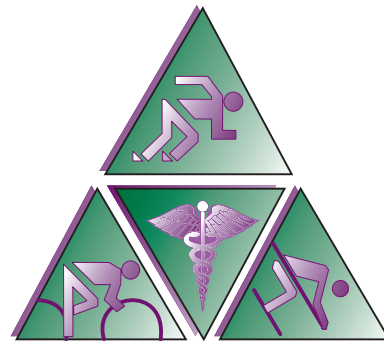
Conway, NH 03818

Please detach and return this section with payment

Mountain Center Physical Therapy and Performance Fitness

Mountain Center Physical Therapy and Performance Fitness strives to exhibit excellence. The programs that MCPT and MCPF run are of the highest standards and are taught by well qualified professionals.

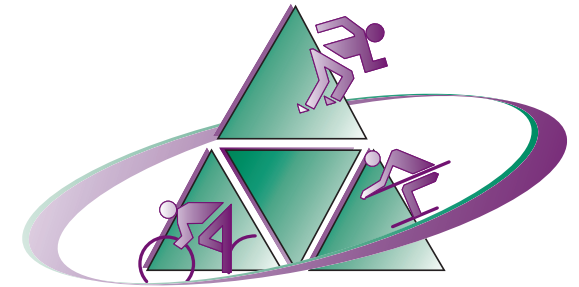
MCPF strives to make athletes of all ages and abilities healthier and more competitive through proper physical conditioning.



Mountain Center
**Physical Therapy
& Sports Rehab, Inc.**

T 603.447.2533

www.mtnctrpt.com



Mountain Center
Performance Fitness

XPLODE

SPORTS CONDITIONING

Presented by

Mountain Center Physical Therapy

Instructor

Andrew Trowbridge ATC CSCS

General Information

The intent of this program is to raise the level of agility, proprioception, strength, and to shorten reaction time.

In the world of athletics today the athletes need an edge, one that is safe, monitored and prescribed by a professional with years of experience. This program is all of those. Having an athlete who is closely monitored by a professional while performing exercises ensures they improve their fitness level, while making sure they do not injure themselves by performing inappropriate exercises or unsafe techniques. Keeping your child safe and healthy is our first priority.

Full participation will yield maximum results.

Participation in a Sports Conditioning program is similar to competing in sports. There is a possibility of being injured. By signing up for this program you acknowledge that fact and release Mountain Center Physical Therapy, Mountain Center Performance Fitness, all of its employees, Kennett High School and SAU 9 of any and all responsibility.

Times and Dates

The MCPT Xplode conditioning program will run 3 days a week (Monday, Wednesday and Thursday) for six weeks beginning Monday, June 28th running to Friday, August 6th. The class will run Monday and Wednesday from 6:30 a.m. to 9:00 a.m. and Thursday from 6:30 a.m. to 7:30 a.m. at the high school. Each session will last a minimum of two hours with participants performing plyometrics, strength training, agility, quickness and reaction drills. We will also cover proper stretching techniques as well as adequate warm up and cool down progressions. All classes will be run in the gym, weight room and on the sports fields.

Instructor Information

Andrew Trowbridge is a Licensed, Certified Athletic Trainer and a Certified Strength and Conditioning Specialist. Andrew has 14 years of experience with sports conditioning with athletes at varying levels including youth, high school, collegiate and professional athletes. He has worked with Olympic Development athletes and World Champion wrestlers. Andrew is also a Certified Strength and Conditioning Specialist which is the only internationally recognized and most respected Strength and Conditioning certification available. Andrew enjoys helping athletes reach their full potential.

BC Center Ian White has this to say about Xplode: *“Working with Andy really helped me prepare for the season and preseason. All the exercises he does are things that the college teams and pro athletes are doing to improve and prepare for their sport.”*

XPLODE
SPORTS CONDITIONING