

# Monroe County Medical Center Sports Enhancement Program



## What is a sports performance enhancement program?

Competing in sports today requires stronger, faster, and better prepared athletes in order to be successful. Monroe County Medical Center's Sports Performance Enhancement Program was designed to improve athletic performance while finding each athlete's ultimate potential utilizing the latest sports-specific training techniques.

**Our Program:** Superior sports performance is based upon a balance of many aspects of athleticism. A successful athlete must possess strength, speed, agility, flexibility, coordination, and power. Our sports enhancement program is designed to improve each of these performance skills through individualized evaluation and progressed exercise instruction. We teach proper body mechanics for improving efficiency, injury prevention, and to optimize each athlete's skills. Our licensed Physical therapists have the ability to maximize your athletic potential.

## How does MCMC's sports performance enhancement program work?

Every athlete will begin with a comprehensive evaluation of their medical history, posture, strength, range of motion, flexibility, and screening of functional movement. We also assess each athlete's potential for increased risk of injury (such as ACL tears) and then implement appropriate modifications. Pre-training tests are performed to establish each athlete's baseline ability. These results form the building block for which their training program is developed. Athletes perform a wide variety of exercises using agility ladders, cone drills, free weights, TRX suspension system, medicine balls, hip sled, plyometric boxes, resistance sports bands, and other speed enhancement equipment. At the conclusion of the training series, we assess their post training performance improvements.

Proper nutrition is important in the development of an athlete's sports enhancement potential. Our licensed dietitian provides each athlete with a detailed analysis of their current diet and instruction of a dietary plan to meet their performance enhancement needs. Body mass index, body composition, and recommended caloric intake can be determined.

## Programs that MCMC's Sports performance enhancement offer:

### **Speed, Agility, and Vertical**

**Leap:** This program focuses on increasing overall multi-plane functional speed and agility through instruction of proper

acceleration and deceleration skills. The ability to stop and change direction quickly provides a vital translation of speed which is essential in every sport. We also focus on improving vertical leap through functional and plyometric strengthening as well as instruction in proper lift off and landing technique for injury prevention. The Speed, Agility, and Vertical leap program is an 8 week program performed 2 times a week for one hour sessions. (Tuesday and Thursday)

**Sports Strengthening:** This program focuses on increasing strength through functional exercise to transform sports performance and prevent injury. Core stability strength is essential in producing efficient athletic movements. Emphasis is placed on proper lower extremity muscular balance and upper extremity rotator cuff and scapular strengthening. Our strengthening program is an 8 week program performed 3 times a week for one hour sessions. (Monday, Wednesday, and Friday)



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