

# Registration

Please complete the form below and return it to your local 21st Century Rehab location in Altoona, Grimes, Indianola, or Madrid.

Athlete's Name

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Address

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Telephone

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E-mail

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## LOCATIONS

[www.21stcenturyrehab.com](http://www.21stcenturyrehab.com)

Corporate Office  
P.O. Box 461  
Nevada, IA 50201  
Ph: 515-382-3366  
Fax: 515-382-1576  
Toll Free: 1-877-21REHAB

612 8th Street SW  
Altoona, IA 50009  
Ph: 515-967-4124  
Fax: 515-967-9094

270 SW 1st Street  
Suite H  
Grimes, IA 50111  
Ph: 515-986-9667  
Fax: 515-986-9642

Indianola Physical Therapy  
1507 N. 1st Street  
Indianola, IA 50125  
Ph: 515-961-7435  
Fax: 515-961-7436

209 W. 2nd Street  
Madrid, IA 50156  
Ph: 515-795-2427  
Fax: 515-795-2482

Dallas County Hospital  
610 Tenth Street  
Perry, IA 50220  
Ph: 515-465-7672  
Fax: 515-465-7655

Hamilton Hospital  
800 Ohio Street  
Webster City, IA 50595  
Ph: 515-832-7735  
Fax: 515-832-9420

Story County Medical Center  
630 Sixth Street  
Nevada, IA 50201  
Ph: 515-382-2543  
Fax: 515-382-7171  
Toll Free: 1-888-522-9820



**21<sup>st</sup>CENTURY  
REHAB**  
Work well. Play well. Live well.

## Train well. Play well. Sports Enhancement Camp



## Train well. Play well. Sports Enhancement Camp

Our Sport Enhancement Camp is an intensive, individualized athletic development program geared to help high school athletes get the most out of competition.

This six-eight week summer program focuses on key components to give the athlete the competitive edge—speed, power, and strength. This is an athlete's best investment toward improving.

*Train Well. Play Well. Sports Enhancement Camp helps condition the athlete to gain optimum results on the field and on the court.*

Our training program is designed to:

- improve strength, power, and endurance
- improve speed and agility
- increase flexibility
- increase core stabilization
- increase coordination and balance
- classroom education: injury prevention, sports nutrition (sports supplements), sports hydration, and heat illness

Our Sport Enhancement Camp combines pre and post testing measurements of strength, power, endurance, speed, and flexibility in either individualized or group training sessions. This program is appropriate for males and females of all sports from 7th - 12th grades. Sessions last approximately 2 hours, 2 - 3 times per week for 6 - 8 weeks. Each session is hands-on and conducted by certified athletic trainers and licensed physical therapists.

Our camp also offers:

- Times and days of the week that will accommodate the schedule of the athletes and coaches
- Sessions will take place at closest athletic facility with staff driving to accommodate coaches and athletes
- 2 hour sessions (1 hr. 30 min. of physical training and 30 minutes of classroom education)
- Cost can vary according to individual or group sessions: \$125.00 per athlete; \$100.00 per athlete with group of 6; \$75.00 per athlete with group of 12

## Sport Specific Training Program

Our sport specific training program is available throughout the entire school year for individual and group training sessions.

Sessions include but not limited to:

- running and sprinting mechanisms
- speed training (acceleration/deceleration, foot quickness)
- plyometrics training (improve body control, balance, and coordination)
- hand-eye coordination specific to athlete's sport
- core stabilization (injuries occur when the body loses control)
- shoulder biomechanics: pitching/throwing (throwing accuracy, velocity, mechanics); volleyball and tennis (overhead serves and strokes, hitting); and swimming

*21st Century Rehab's Sports Enhancement Program is sports specific training customized to the athlete's needs and goals.*

### 1 on 1 Sessions

1 on 1 sessions include a full musculoskeletal exam with home exercise program recommendations for improved posture, strength and flexibility. Pretest measurements of speed, agility and strength.

The 1st session lasts 1-2 hours with each follow-up session last approximately 1 hour.

Program costs are \$20 per session. The initial assessment and pretesting is \$50.

