

***iSTRIVE* for Athletic Excellence**

Bettering the Odds

L.E.A.P.P.

(Lower Extremity ACL Prevention Program)

Starting March 16, 2010

6 week Training Program

Tuesdays and Thursdays 4-5pm

Individual: \$180

Team:

\$144 per participant, 4-6 participants

\$120 per participant, 8-12 participants

**Too many athletes end their athletic careers
not because they want to, but because they have to.**

Don't become the next statistic!

The iSTRIVE L.E.A.P.P. Program

Will Focus On

Strength Training

Jump mechanics

Agility/Deceleration drills

Core strength and stability



Virginia Center for Physical Therapy
5400 Discovery Park Blvd. Suite 301
Williamsburg, VA 23188
(757) 345-2512, fax (757) 345-0859

