

Summer Conditioning Clinic Application

Name: _____

Address: _____

School: _____

Sport: _____

Phone #: _____

Age: _____

Emergency Contact:

Person: _____

Phone #: _____

This program involves strenuous activities including cardiovascular and muscular strengthening. It is recommended that each participant receive a medical physical examination within the past year prior to participation.

Parent Signature: _____

Athlete Signature: _____

Select Physical Therapy
Attn: Summer Conditioning
690 Minot Avenue Suite #2
Auburn, ME 04210



690 Minot Avenue, Suite #2
Auburn, ME 04210
Phone: 207-783-3450

Summer Conditioning



Increase Speed
Improve Agility
Improve Vertical Jump
Enhance Performance
Prevent Injuries

Central Maine's

Sports Medicine Team



Our Program

The summer conditioning program is specifically designed with athletes in mind. It combines core strengthening with upper and lower extremity functional activities to enhance performance, improve agility and explosiveness, as well as reduce your risk of injury during the upcoming season.

Athletic trainers, physical therapists and coaches will oversee each training session with constant attention to proper technique and form to ensure safety and maximize results. The program will help you prepare for the season and give you the competitive edge that you have been looking for.

For more information, please call:



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690 Minot Ave., Suite #2
Auburn, ME 04210
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Workouts

Workouts will be held every Monday thru Thursday. You will choose between two different start times.

**There is no
cost to this
program.**

Start Date: June 25, 2018

End Date: July 27, 2018

Workout Time #1: 7:00 AM

Workout Time #2: 7:45 AM

Location: LHS Gym

Each participant will be prepared to enter the athletic season stronger, faster and safer!

Participants last year showed increases in vertical jump, broad jump, and agility times.

Functional Testing

Each participant will undergo performance testing at the beginning and the end of the 6 week sessions. Tests utilized will include:

- Broad Jump
- Vertical Jump
- Pull Ups

Please bring water or a sports drink. Sessions can be outside, so please dress appropriately.