

Equipment

At HAMC we use plyometrics, super treadmills, cord conditioning, plyo- press and more to condition an athletes entire body.

Prices

Training with teammates can be beneficial, this is why we offer group rate discounts. For groups of five or more a \$25 discount per athlete will be applied.

Programs	Sessions	Price
Plyometric	12 Multi directional exercise	\$225
Treadmill I	8 Treadmills, 4 Back pedals 6 Plyometrics	\$350
Treadmill II	12 Treadmills 6 Plyometrics	\$350
Youth (age 9-12)	8 Treadmills 8 Plyometrics	\$300
ACL Bridge Protocol	24 Sessions	\$480
Power and Strength	18 Sessions	\$275 (includes 3 mo. membership, \$75 value)



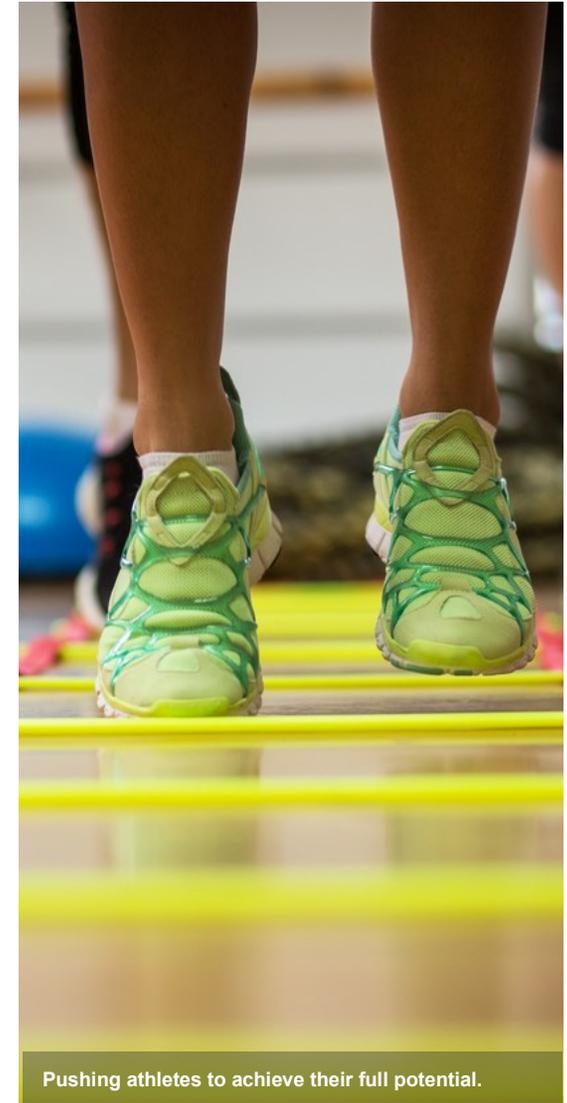
physical. occupational. speech.
pulmonary. cardiac. therapies.

800 South Main Avenue
Rugby, ND 58368
Wellness Center 776.5455 ext. 2209
www.hamc.com

Good Samaritan Hospital Association does not discriminate on the basis of race, color, national origin, sex, age, or disability in its health programs and activities.

German: **ACHTUNG** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-855-293-8133 (TDD 1-701-776-5043)

Spanish: **ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-293-8133 (TDD 1-701-776-5043)

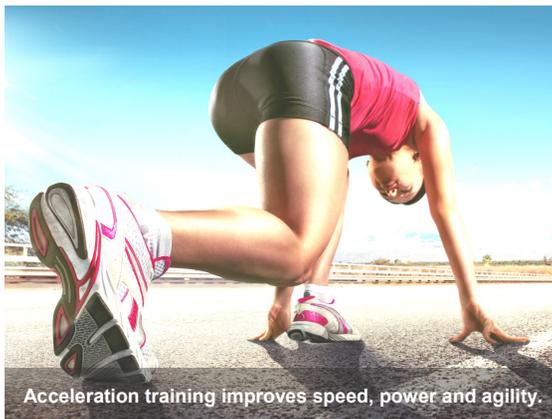


Pushing athletes to achieve their full potential.

SPORTS ACCELERATION

at Heart of America Medical Center

ATHLETIC  REPUBLIC™



Athletic Republic™

Whether you are a beginning athlete, learning a new sport, a recreational athlete or professional. We will help you achieve athletic performance goals with programs that push athletes hard and make them faster, stronger and more agile than they ever thought possible.

Trainers

Athletic Republic trainers are well-educated, certified and passionate about helping athletes. Each athlete will be assessed on strengths and weaknesses in the following areas:

- Movement skills (speed, agility, stability, symmetry)
- Power and strength
- Conditioning efficiency
- Sport-specific skills

From this assessment the trainer will create an individualized training program. Every athlete's program is based on 20 years of research and testing.

Programs Offered

- **Acceleration Training** With 20–26 training sessions spread out over 6–8 weeks, athletes improve linear or sprinting speed, explosive power for a quicker first step or vertical elevation and active recovery to sustain performance at that speed.
- **Cord Conditioning** Strategically-applied resistance cords improve velocity and power for running and throwing, kicking, shooting, hitting, spiking, swimming, and serving.
- **Athletic Republic Off-Site** Early season team conditioning that matches propriety and plyometric and dynamic stability drills, speed work, and cord conditioning with the demands of a specific sport.
- **Strength and Power** This program, consists of 18 individual sessions, 3x a week. This program is customized to the athlete with their specific needs in mind to improve and enhance muscle performance and coordination. The focus is on muscle specific enhancements of the upper and lower body, coupled with core strength and stabilization of the back and abdominal muscles. This program allows a **1 to 4 trainer \ athlete ratio** to focus on individual performance.

FAQ's

Q: What sport benefits most from sports acceleration training?

A: All ages that participate in any sport including soccer, football, basketball, track, baseball, volleyball, lacrosse, softball, golf and skiing.

Q: How do you train athletes?

A: We train athletes to improve their movement skills, specifically speed, power and agility through training programs developed based on years of research.

Q: When I'm done with this program, how long will the results last?

A: Results will remain and there will be no decrease in performance as long as the athlete maintains a level of strength, flexibility and conditioning.

Contact Us

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Visit us on the web: www.hamc.com