

DMC

Sports Medicine Outreach: 6 week training program for MSYSA Athletes

A new and exciting partnership has been formed with the Detroit Medical Center and Michigan State Youth Soccer Association!

As a result of this alliance, the DMC is pleased to offer the following program to all MSYSA athletes interested in an extensive training options. Programs offered by the DMC are designed to correct technique and improve mechanics to prevent injury, strengthen weak areas and build a powerful athlete from the bottom up. The 6 week program is as follows:

Week 1:

Athlete Pre-Evaluation: Each athlete will be evaluated on his/her strengths, weaknesses and incorrect technique/mechanics will be assessed. With the information gathered, our Certified Athletic Trainers will then be able to build a program specifically to address the needs of the athletes.

Weeks 2-5:

Training: With information gathered in the evaluation, trainers will conduct training sessions based on the fitness level of the athlete. The sessions will focus on correcting improper technique to prevent injury, increasing strength and teach proper mechanics.

Week 6:

Post-Evaluation: The athletes will be retested with the identical pre-evaluation test and results will be compared. The goal will be for each athlete to experience growth in one or more areas.

Official Healthcare Services Provider



DMC

Sports Medicine

877-DMC-0018