



Cincinnati SportsMedicine & Orthopaedic Center

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Core Training for Early VB Season Empire Volleyball

Empire Volleyball in collaboration with Santa Rosa Orthopaedics and Rehabilitation is hosting a twelve-session training program designed for preseason volleyball players. This program will include SportsMetrics jump training techniques as well as core conditioning designed to improve shoulder/scapular stability, abdominal, hip, and back strength. The goal is to provide a course of performance related cross training techniques in preparation for the club volleyball season. This program has limited enrollment for female athletes. SportsMetrics training is effective in injury prevention and increase muscle power that is related to sports performance.

Dates: January 5th through February 12th
Days: Course # 1: Monday and Wednesday
Course # 2: Tuesday and Thursday
Times: 6:00 – 7:00 PM
Location: Sonoma State University Gymnasium Weight Room
Instructor: Tom Sather Ph.D., PT and staff Tel: (707) 522-5404
Cost: \$150.00 (Make Checks payable to Empire Volleyball Club 707-664-2656)

If you have additional question contact:
Tom Sather Ph.D., PT at: sather_t@yahoo.com

SANTA ROSA ORTHOPAEDICS
SPORTS MEDICINE • REHABILITATION
131 B Stony Circle Suite 2000, Santa Rosa, CA 95405
Ph: 707 522-5404 Fax: 707 569-8620

(Cut Here)

Instructions: Mail the completed registration, a check made out to Empire Volleyball Club for \$150.00, and the attached release form to Empire volleyball Club at P.O. Box 2929, Santa Rosa, CA 95405

___ Course # 1: Monday and Wednesday or ___ Course #2: Tuesday and Thursday

Athlete's Name: _____ Home Telephone: _____

Athlete's email: _____ Parent's: email: _____

Address: _____

City: _____ CA, Zip: _____ Cell Phone #: _____

School: _____ Age: ____ Check Number: _____