



*Cincinnati SportsMedicine's Sportsmetrics™, the training program scientifically proven to increase jump height and reduce the risk of serious knee injury!*

### **What is Sportsmetrics™?**

Dr. Frank Noyes and the doctors and researchers at Cincinnati SportsMedicine Research and Education Foundation have been leaders in developing programs to ensure athletes play well and stay well. Sportsmetrics™ is a scientifically proven, six-week jump training program that incorporates proper stretching, special plyometric exercises and weight training. It focuses on **developing overall leg strength** as well as **improving balance in strength** from the front to the back of the thigh. Through specialized progression of jump/plyometric drills, athletes learn **proper techniques for jumping and landing**; increase overall leg strength; improve symmetry in right-to-left leg power and **improve vertical jump**.

### **Why is Sportsmetrics™ training so unique?**

Sportsmetrics™ is not just another plyometric training program. Training proceeds from technique development to performance enhancement with each session building on the previous bout of training. The strength and flexibility components have also been carefully reviewed for safety and effectiveness. Essential to the success of the athlete is the trainer interaction and feedback throughout the program. **Student to trainer ratios are kept at 6 to 1 or better** to ensure that each athlete receives individualized recommendations and attention.

### **What are people saying about Sportsmetrics™?**

Cincinnati SportsMedicine Research and Education Foundation received the Excellence in Research award from the American Orthopedic Society for Sports Medicine. The **Cincinnati Enquirer** and **Cincinnati Magazine** joined in the excitement with full-page articles reporting the Sportsmetrics™ results. Sportsmetrics™ has been featured in **The New York Times**, **ESPN Wide World of Sports**, **Health**, and on **Good Morning America** and **Channel Five News**.

### **What can Sportsmetrics™ do for me?**

Get involved in a training program that addresses your needs. Today, 27 years after a federal mandate was enacted to provide gender equity in sports, a new generation of female athletics has emerged. Sportsmetrics™ is the first program scientifically **proven to decrease knee injuries** in female athletes. Neuromuscular training not only increases muscular power and jump height, but also decreases impact forces at the knee. Sportsmetrics™ is the program that focuses on the female athlete's needs in training, but Sportsmetrics™ is not just for females! Males will benefit from developing overall leg strength and perfecting jumping and landing mechanics, too.

*Sportsmetrics™ develops strong athletes with good technique to prevent injury and enhance performance.*

**STAY IN THE GAME WITH SPORTSMETRICS™**