

## Program Details

### **Initial Evaluation:**

*Assess the participant's current abilities in a variety of areas including strength, flexibility, speed and specific tasks such as vertical leap.*

### **Regular small group sessions:**

*Implement an exercise program tailored to each participant's areas of deficiency and need, identified in the initial evaluation, as well as any specific sports requirements*

### **Re-evaluation:**

*At the halfway mark, program modifications are implemented*

### **Post test:**

*At the end of the program the participant's progress is measured and recommendations are made for future work the participant can do independently.*

### **Eligibility:**

*Any athlete, ages 12 through adult. Minors must have a current sports physical and parental consent. Current physicals recommended for adults.*

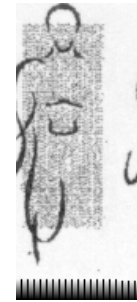
## Location

*Peak Sports and Spine  
Physical Therapy  
1260 116<sup>th</sup> Ave NE, Suite 200  
Bellevue, WA 98004*

*Located one block north of  
Overlake Hospital in the  
Campus Office Park  
Bellevue, WA*

*Call to Register  
425-450-9801*

## Sports Enhancement Training



## Philosophy

*“All athletes, at all levels of play, can improve their performance and reduce the likelihood of injury through core strengthening and sport specific conditioning.”*

## Consultants

### *Ms. Ali Schoos* *P.T., O.C.S.*

*Ali is the founder of Bellevue Sports and Spine Physical Therapy. She has been a physical therapist for 22 years and has worked with a wide variety of athletes, from professional to recreational. Ms. Schoos has lectured on physical therapy in sports medicine in a variety of formats, to physicians, trainers, physical therapists, and coaches. She coordinated the medical team for the Senior Professional Tennis Tour in Seattle.*

### *Ms. Karla Cararas* *M.S., P.T., A.T.C.*

*Karla is the Director of Factoria Sports and Spine Physical Therapy. Karla played collegiate basketball at Texas Women's University after which she became the assistant coach aiding in the strengthening program for the team. Karla has sixteen years of experience in Sports Medicine. Karla volunteers her time and knowledge at two local High Schools and enjoys teaching and developing agility and speed training for young athletes.*

## Program Director

### *Mr. Tom Spencer* *A.T.C., P.T.A.*

*Tom is currently working at Bellevue Sports and Spine Physical Therapy. Tom has been Head Trainer for the athletic department at Bellevue Community College for the past nine years. Tom's background includes 10 years with the Cincinnati Reds Minor league system as their Head Trainer and most recently spent time with the AA team Chattanooga Lookouts. Tom has also been involved in the American Tennis Professionals Tour.*

*The "S.E.T." program will focus on core trunk strengthening as the foundation from which all performance should develop. Flexibility, balance, sport specific strengthening, and finally progression to agility and plyometrics will all be incrementally applied. Equipment including medicine balls, agility ladders, balance boards, jumping platforms, rebounders, sportcords, blocks, speed pulleys, and more will be employed. Whether your sport involves racquets, balls, throwing, swinging, kicking or jumping. "S.E.T" can help improve your performance.*

## Costs

### *Small Group Sessions* *(6 weeks)*

*One time per week \$195*  
*(6 sessions)*  
*Two times per week \$350*  
*(12 Sessions)*

*Individual Evaluation*  
*\$75*  
*W/private training session*  
*\$135*

*Individual Training*  
*\$60 per hour*

*\*prices may be subject to change without notice*

### *Class Hours*

*6:30 PM to 8:00 PM*

*\*Other times may be available*  
*upon request*

*Call to Register*