

How to improve youth Performance Enhancement safely among our young athletes

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SPORTs Clinical Coordinator

Learning Objectives:

1. List at least three common myths of performance enhancement.
2. Discuss the S.A.I.D. principle of performance enhancement.
3. Illustrate at least two ways to evaluate a performance enhancement program that can be used by healthcare professionals, athletic trainers, and coaches that are appropriate for young athletes.

$$f(x) = a_0 + \sum_{n=1}^{\infty} \left(a_n \cos \frac{n\pi x}{L} + b_n \sin \frac{n\pi x}{L} \right)$$



1



2



3



4



FASTER QUICKER STRONGER



Click

Easily Increase Your Speed, Strength, and Agility

25* lb. Exercising helps fight up to 25 health problems.

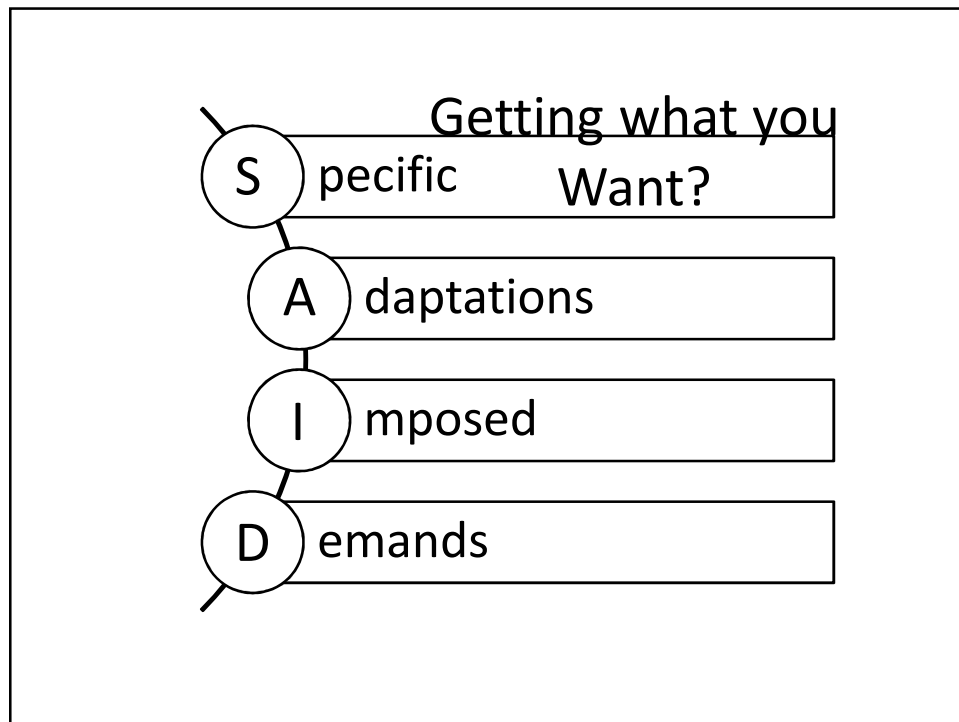


MSC Summer
Speed, Agility, Strength
June 24



COURSE	DURATION	PRICE
Speed & Agility	Weekend (9:00am - 11:00am)	\$25 for 45 minutes
	Saturday (9:00am - 10:00am)	\$25 single session
Vertical Jump	Weekend (9:00am - 11:00am)	\$25 for 45 minutes
	Saturday (9:00am - 10:00am)	\$25 single session

Contact: Cosmo Clarke
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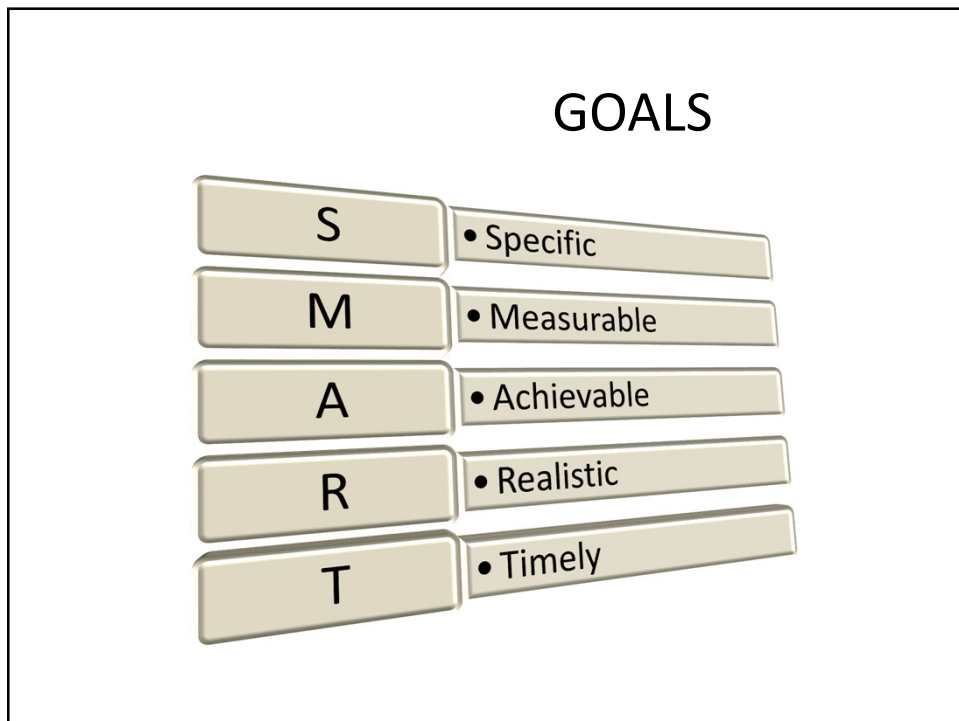
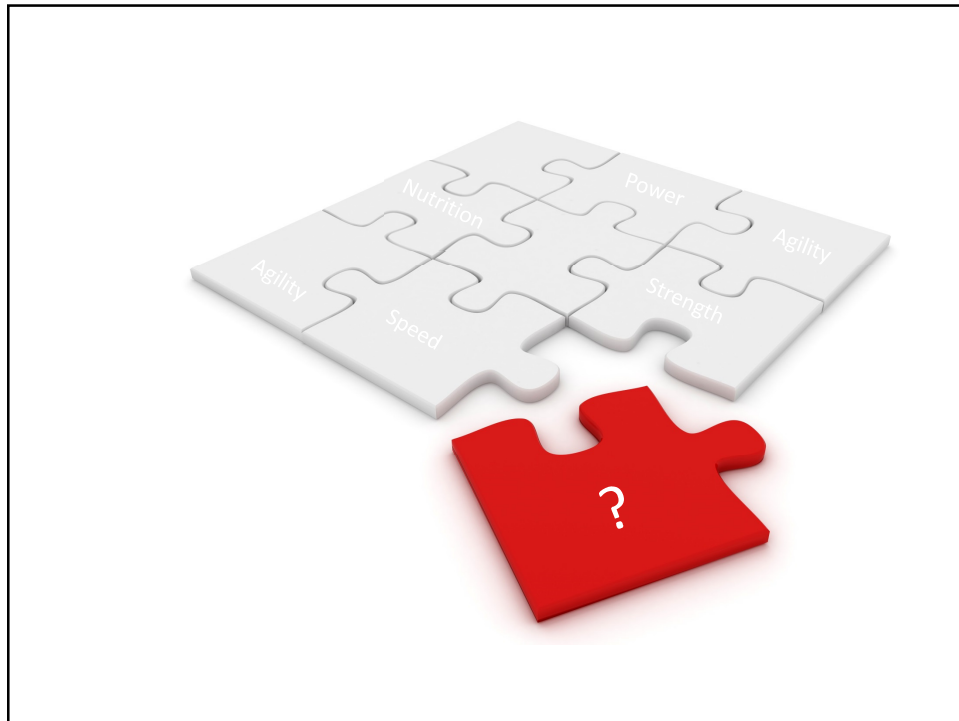


Individualized to the sport:



Individualized to the athlete:







Take it Home:

