

# UPMC Sports Performance Summer Intensive Training Program



UPMC Sports Medicine is offering performance training for high school athletes who are seeking a competitive edge. Our experts will work directly with coaches on site at your school to assess the needs of your teams.

**Areas of Focus:**

- Speed and agility training
- Proper vertical and horizontal power training
- ACL injury prevention

**About the Program:**

- 6-8 week program
- Offered twice a week
- 1 hour session per team with a minimum of 2 sessions per school
- Sessions will be performed at individual school sites
- See results after 12-16 sessions total

**Cost:**

- \$100 per session (minimum of 2 sessions)
- 15 athletes minimum per session
- 60 athletes maximum per session

Information and to schedule your on-site summer sports performance training sessions call **1-855-937-7678** or email Ron DeAngelo [deangelors@upmc.edu](mailto:deangelors@upmc.edu)

For more information about all UPMC Sports Medicine services, please visit [UPMCSportsMedicine.com](http://UPMCSportsMedicine.com).