

GET READY FOR YOUR SPRING SPORT!

**HOW
COMMITTED
ARE YOU?**

**WHAT'S YOUR
MOTIVATION?**



ADVANCED

S · P · O · R · T · S

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@

W.M.H.S.



**TRAIN WITH OUR PROFESSIONAL
TEAM TO INCREASE:**

**STRENGTH
SPEED
AGILITY
FLEXIBILITY**

ASK ABOUT LARGE GROUP DISCOUNTS

12 Sessions for only \$220

Dates:

Jan. 4, 6, 11, 13, 20, 25, 27

Feb. 1, 3, 8, 10, 22

Time: 6:30 – 8:00 PM

Place : WMHS

**ELEVATE
YOURSELF
TO A NEW
LEVEL!**

ARE YOU READY?

**INCREASE
YOUR
STRENGTH
SPEED
AGILITY**

Most orthopedic surgeons, physical therapists, athletic trainers, and coaches all agree that many sport injuries can be prevented by proper conditioning and training techniques. A good sports conditioning program is the foundation for optimal sports performance. Our program offers athletes of all levels an opportunity to :

- Strengthen and improve dynamic stability.**
- Increase flexibility to increase range of motion and reduce the risks of pulls and strains.**
- Enhance agility for quickness and speed.**
- Strengthen core muscles to improve power and protect the spine.**

- ▣ **FRANK MCCOY, ORLY ARNON BOYLE**
- ▣ **AND**
- ▣ **THE ADVANCED S.P.O.R.T.S TEAM HAS BEEN INVOLVED WITHIN THE THREE VILLAGE COMMUNITY IN VARIOUS SPORTS PROGRAMS:**
- ▣ **-AT WARD MELVILLE HIGH SCHOOL AND AT THE JUNIOR HIGH LEVEL WE CURRENTLY SCREEN THE ATHLETES FOR SKELETAL IMBALANCES TO REDUCE THE RISK OF INJURY.**
- ▣ **- WE CURRENTLY PROVIDE FREE INJURY PREVENTION SCREENING (B.O.S.E.) AT THE HIGH SCHOOL AND JUNIOR HIGH LEVELS FOR ATHLETES OF ALL AGES.**
- ▣ **- WE PROVIDE SPORTS NUTRITION AND EDUCATION LECTURES GEARED TOWARD YOUNG ATHLETES.**
- ▣ **- STRENGTH AND CONDITIONING CLINICS FOR VARIOUS TEAMS THAT IS AGE APPROPRIATE.**
- ▣ **- FREE COMMUNITY LECTURES TO RAISE THE AWARENESS OF OVER-USE INJURIES COMMON IN YOUTH SPORTS.**

**SPACE IS LIMITED RESERVE
YOUR SPOT TODAY !
AT: advancedsports@ymail.com**