THE TRAINERS

Andy Holzwarth, ATC, CSCS
- Certified by the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist
- Licensed by the NATA and the South Dakota State Board of Medical Examiners
- Bachelors in Sports Medicine from Dakota Wesleyan
- Masters in Exercise Science from USD
- Athletic trainer for Mount Marty College

Angie O’Connor
- Certified by the American Council on Exercise as an Advanced Health and Fitness Specialist
- Bachelors in Exercise Science from Wayne State College
- Community wellness coordinator and wellness coach at Avera Sacred Heart Hospital

Trevor Woods, ATC
- Licensed by the NATA and the South Dakota State Board of Medical Examiners
- Bachelors in Athletic Training from SDSU
- Masters in Exercise Science from USD
- Athletic trainer for Yankton school district

Program fee includes membership to both the Avera Sacred Heart Wellness Center and the Summit Activities Center for the duration of the Program!

Space in each program slot is limited. Program slots will be filled on a first come basis. Program slots may be canceled due to low number of participants.

This brochure may be photocopied.
**THE ATHLETIC EDGE**

Avera Sacred Heart Hospital’s Acceleration & Challenge Programs benefit athletes of all sports. Developed by professional athletic trainers, these intensive summer season performance training programs combined with your regular work-out schedules will give you the tools needed to outperform the competition.

As young athletes become more motivated to improve their athletic abilities, our Acceleration & Challenge Programs can help you gain that competitive edge. The programs are designed to help athletes reach their optimal potential with a focus on fitness and sports performance.

The athlete’s current physical condition will be assessed and testing performed to determine strengths and weaknesses. The athlete along with the trainers can develop specific goals in order to reduce injury and achieve optimal performance. This pre-test assessment can then be compared to a post-test analysis to determine areas of improvement and measure hard work and dedication.

With the Avera Acceleration & Challenge Program, athletes will develop:
- **Strength**
- **Flexibility**
- **Power**
- **Quickness**
- **Acceleration**

**MAXIMIZE YOUR POTENTIAL**

**NEW for 2011: Avera Sacred Heart Hospital’s Acceleration & Challenge Junior Programs will be held at Yankton Summit Activities Center.**

The Junior Program is structured for athletes ages 10-14 and focuses on all aspects of reaching your maximum athletic potential, including strength, endurance, flexibility, and cardio-respiratory fitness. No workout on July 4 or 5. The $75 fee includes membership to both the Avera Sacred Heart Wellness Center and the Summit Activities Center for the duration of the Program.

Note: The Junior Programs increase strength safely by using the athletes own body weight for resistance.

**Junior Acceleration & Challenge Program**

<table>
<thead>
<tr>
<th>Ages 10-14</th>
<th>Fee $75</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 workouts per week, 6 weeks, 60 minutes per day</td>
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</tr>
<tr>
<td>June 20-July 29</td>
<td></td>
</tr>
<tr>
<td>Mon/Thurs</td>
<td>11 a.m. - noon</td>
</tr>
<tr>
<td>Mon/Thurs</td>
<td>Noon - 1 p.m.</td>
</tr>
<tr>
<td>Tues/Fri</td>
<td>11 a.m. - noon</td>
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<tr>
<td>Tues/Fri</td>
<td>Noon - 1 p.m.</td>
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<tr>
<td>Tues/Fri</td>
<td>1 - 2 p.m.</td>
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</tbody>
</table>

**NEW for 2011: Avera Sacred Heart Hospital’s Acceleration & Challenge Intensive Programs will be held at Yankton Summit Activities Center.**

The Intensive Program customizes an Acceleration & Challenge Program for athletes ages 14 and up. These high performance training sessions increase agility, coordination, linear and lateral speed, quickness, explosiveness, vertical jump, strength and flexibility. Workout sessions consist of speed training, plyometrics, resistance exercise training and weight lifting. As the athlete progresses and matures, more intense training and specific methods are introduced. No workout on July 4 or 5. The $150 fee includes membership to both the Avera Sacred Heart Wellness Center and the Summit Activities Center for the duration of the Program.

**Intensive Acceleration & Challenge Program**

<table>
<thead>
<tr>
<th>Ages 14 and up</th>
<th>Fee $150</th>
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</thead>
<tbody>
<tr>
<td>4 workouts per week, 8 weeks, 90 minutes per day</td>
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<tr>
<td>June 13-August 5</td>
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<tr>
<td>Mon/Tues/Thurs/Fri</td>
<td>7 - 8:30 a.m.</td>
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<tr>
<td>Mon/Tues/Thurs/Fri</td>
<td>8 - 9:30 a.m.</td>
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<tr>
<td>Mon/Tues/Thurs/Fri</td>
<td>9 - 10:30 a.m.</td>
</tr>
<tr>
<td>Mon/Tues/Thurs/Fri</td>
<td>2 - 3:30 p.m.</td>
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</tbody>
</table>

**PROGRAM APPLICATION**

1. Detach and mail program registration, signed informed consent and program fee by May 31 to: Avera Acceleration Program Attn: Wellness Center 501 Summit Street Yankton, SD 57078
2. Make checks payable to Avera Wellness Center
3. For more information, contact Jennifer Kudera at (605) 668-8357 or e-mail jkudera1@avera.org
4. You will receive a verification letter and/or e-mail once your paid registration has been received.

**INFORMED CONSENT**

I have requested participation in the Avera Sacred Heart Hospital Acceleration & Challenge Program (hereinafter referred to as the “Program”). I understand my participation is voluntary and I may withdraw at any time from the Program. Any money paid to the Program is non-refundable. The benefits associated with my participation include information regarding the enhancement of my physiological performance, improved knowledge of activities and methods available for ongoing maintenance/enhancement of personal fitness and physiological response.

Any evaluations and Program participation will be supervised by Program staff. I understand that participation in the Program should not result in physical injury to me; however, I acknowledge that in the event of physical injury resulting from participation in the Program, no medical treatment or monetary compensation will be provided by the Program. I do have coverage under my own health insurance policy, or that of my legal guardian. I acknowledge the Program is relying on all information provided by me regarding my medical history and condition before allowing me to participate in the Program.

I certify the information provided to be true and correct.

**Signature of Participant**

**Date**

The participant is under the age of 18 years. I have reviewed the information provided and certify it to be true and correct. I represent that we currently have medical insurance and I consent to my child/ward participating in the Program.

**Signature of Parent or Guardian**

**Date**

Any money paid to the Program is non-refundable. The benefits associated with my participation include information regarding the enhancement of my physiological performance, improved knowledge of activities and methods available for ongoing maintenance/enhancement of personal fitness and physiological response.

Any evaluations and Program participation will be supervised by Program staff. I understand that participation in the Program should not result in physical injury to me; however, I acknowledge that in the event of physical injury resulting from participation in the Program, no medical treatment or monetary compensation will be provided by the Program. I do have coverage under my own health insurance policy, or that of my legal guardian. I acknowledge the Program is relying on all information provided by me regarding my medical history and condition before allowing me to participate in the Program.

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