



Every year 1 in 100 female athletes will suffer a serious knee injury. *Sportsmetrics*[™] is a scientifically proven, six-week jump training program that incorporates proper stretching, special plyometric exercises and weight training. In addition to these components we have added a series of vigorous speed and agility drills comprising of quick feet, sharp cuts, straight sprints, backpedaling and unpredicted agility. With each drill, athletes concentrate on correct running form, body posture and proper technique associated with cutting, pivoting, and decelerating, all activities highly associated with ACL injuries. It focuses on developing overall leg strength as well as improving balance in strength from the front to the back of the thigh. Through specialized progression of jump/plyometric drills, athletes learn **proper techniques for jumping and landing, increase overall leg strength, improve symmetry in right-to-left leg power and improve vertical jump.**

It is the **only** program scientifically proven to reduce serious knee injuries in females. *Sportsmetrics*[™] is the program that focuses on the female athlete's needs in training, but *Sportsmetrics*[™] is not just for females! Males will benefit from developing overall leg strength and perfecting jumping and landing mechanics, too. This scientifically proven program reduces injuries and improves performance for sports like soccer, basketball, volleyball that involve pivoting, cutting, or jumping.

If you train with *Sportsmetrics*[™], you not only become stronger, faster, quicker, and jump higher, but you can also prevent an injury that could sideline you for your entire season.

STAY IN THE GAME WITH SPORTSMETRICS[™]



Keeping you in your game...for life.

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