

FLAGSTAFF SPORTS INSTITUTE'S SUMMER IPPEP SESSIONS ARE HERE!

Flagstaff Sports Institute, established in 2016, was created with the goals of preventing youth sport injuries and maximizing athletic performance with long-term athlete development. Which is why we offer 6-week Injury Prevention and Performance Enhancement Programs (IPPEPs) and community education. Visit www.flagstaffsportsinstitute.com for more information!



IPPEP Neuromuscular Training Program Details:

- Youth athletes who participate in sports that involve jumping, pivoting, and cutting are at the greatest risk of sustaining devastating knee injuries, particularly to the ACL.
- IPPEP is a comprehensive 6-week neuromuscular training program that has been scientifically proven to significantly reduce the risk of ankle, knee, and ACL injuries.
- IPPEP combines elements of plyometrics, speed, agility, strength training, and flexibility, which have been shown to lead to significant improvements in the vertical jump, lower extremity strength, speed, agility, and overall aerobic capacity.
- Training groups are kept to 10 participants to ensure individualized instruction.
- Athletes will meet with our certified athletic trainer/strength and conditioning specialist 3 times per week for 80 minutes.
- Baseline and post-program testing along with video analysis is conducted to analyze program results to provide outcome measures for performance improvements.
- Scholarships for the program are available through www.flagstaffsportsinstitute.com for those in financial need.

Summer 2017 IPPEP Sessions:

Summer Session Dates: June 5 – July 17 | **Days:** Monday, Wednesday, and Friday mornings

Location: Coconino High School at 2801 North Izabel Street, Flagstaff, AZ 86004 (weight room and athletic fields)

Session A Time: 9:00 – 10:20 a.m. | **Session B Time:** 10:30 – 11:50 a.m.

Cost: \$150 per participant

Spots are limited! We will take the first 10 participants per session (20 athletes total). This is first-come, first-serve.

For more information about the training program and how to enroll, contact:

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