

2019

# SPORTS MEDICINE AND REHABILITATION

Powered by **MIND to MUSCLE**  
STRENGTH & CONDITIONING CENTRE

## PRE-TRYOUT PROGRAM

There is a short window of time until tryouts begin. Make sure to use that time wisely to be prepared to stand out at tryouts. Sports Medicine's pre-tryout program can help you make significant improvements in strength, power, speed and agility.

Our program blends our extensive hockey and lacrosse knowledge and expertise with a proven conditioning program to make sure you are prepared to stand out at tryouts. Don't just make the team, make the team better!

**Show up at tryouts ready to dominate!**

### 4 Week Program

March 26th - April 16th

Atom/Peewee \$87\*

*\*Plus HST*

### Atom/Peewee

4 Sessions / 1x per week

Tuesdays ..... 6:30pm-7:30pm

## Go into tryouts faster & stronger than ever!

**Register Now!** [osmadmin@sportsmedicine.on.ca](mailto:osmadmin@sportsmedicine.on.ca) 705-325-2200

**\* Limited space, book now to reserve your spot.**



[www.sportsmedicine.on.ca](http://www.sportsmedicine.on.ca)



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