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Fall 2016

Wednesday, November 16th:

- Grades 4 & 5 @ 5:00 - 6:30 PM

- Grades 6, 7, & 8 @ 6:30 - 8:00 PM

REC CENTER GYM, 220 Neptune Drive

Residents: \$20 *Non-Residents: \$27

Youth Injury Screening, Injury Reduction, and Performance Evaluation

Are you concerned about your child being injured while playing youth sports? Would you like to learn how your child can develop good habits to help reduce the chances of your child being injured while participating in athletics? Would you like to learn exactly how well your child performs athletically in order to see what areas they could work on to improve their athletic performance?

Examining the cause of injuries in sports is extremely important. This injury screening and performance evaluation clinic will look to identify improper movements that could potentially lead to sports-related injuries such as knee ligament injuries. The injury screening will take the young athlete through a series of functional movement exercises; evaluating squatting, lunging, balance, jumping, and landing mechanics. *(More details on opposite side of flyer.)*

The performance evaluation will take the young athlete through a series of strength and conditioning tests that measure strength, speed and power. All extremely important performance variables that can help reduce the injuries observed during sprinting, jumping, landing, cutting, and stopping on the court or field. *(More details on opposite side of flyer.)*

Jim St. Pierre, M.S., C.S.C.S, a strength and conditioning professional with 26 years of experience, will lead the screening and evaluation process. Jim currently works as a Strength and Conditioning Coach at Central Maine Conditioning Clinic. Additional members of CMCC staff, graduates of the Physical Fitness Program at Central Maine Community College, and current students in the Program will assist.

The Parks and Recreation Department encourages people with disabilities to register for this program.

Each 90 minute session is limited to 10 athletes. Sign up soon!

Why Should Your Child Attend?

- ✓ To identify potential improper movements that could lead to injuries.
- ✓ To give your child an understanding of the correct and safe way to perform basic athletic movements.
- ✓ To understand your child's athletic strengths and weaknesses.
- ✓ To give your child a way to measure their progress and achievements and to give your child a starting point for their current athletic performance level.

✂ Detach & return with fee to the Brunswick Recreation Center, 220 Neptune Drive, by November 15. Office hours Mon-Fri 8 am- 4:30 pm ✂

BRUNSWICK PARKS & RECREATION DEPT.

Youth Injury Screening & Performance Evaluation *FEE: Brunswick Residents - \$20.00 *Non-Res.-\$27.00

Please Print

Check one: Grades 4 & 5 Grades 6, 7, & 8

Name _____ Date of Birth _____ Age _____

Street Address _____

Town _____ Zip _____

School _____ GRADE _____

Home Phone _____ Work Phone _____

Cell/Pager _____ Email _____

Emergency Contact, other than parent _____ Relationship _____ Day Phone _____

ALLERGIES/PHYSICAL or EMOTIONAL LIMITATIONS _____

As a parent, I give my child permission to participate in the Brunswick Parks and Recreation Department Youth Injury Screening, Injury Reduction, and Performance Evaluation. I understand that photographs taken of Parks and Recreation Programs may be used by the Parks and Recreation Department for promoting programs, classes or events to include brochures, posters or web page postings.

Signature of Parent/Guardian _____

Names of Parents/Guardians _____ (PLEASE PRINT)

For Office Use
Date: _____
Amt: _____
226250-01 Gr 4/5
226250-02 Gr 6, 7, 8
<input type="checkbox"/> Computer



Youth Injury Screening, Injury Reduction, and Performance Evaluation

The INJURY SCREENING will involve the following:

- Landing Test
- Squat Test
- Lunge Test
- Balance Test

The PERFORMANCE EVALUATION will involve the following:

- Vertical Jump Test
- Standing Broad Jump Test
- 10-/25-/40-Yard Dash
- Pro-Agility Test
- Core Test

A future strength and conditioning clinic will provide the opportunity for the youth athlete to take part in weekly strength and conditioning sessions designed to improve upon the deficiencies identified in the injury screening and performance evaluation process. Post-clinic rescreening will look to monitor an athlete's progress and reinforce the concepts introduced.

The STAFF will include:

- Additional members of CMCC staff
- Graduates of the Physical Fitness Program at Central Maine Community College
- Current students in the Physical Fitness Program

Jim St. Pierre, M.S., C.S.C.S, a strength and conditioning professional with 26 years of experience, will conduct the program. Jim currently works as a Strength and Conditioning Coach at Central Maine Conditioning Clinic. He earned a Bachelor's degree of Science from the University of Maine and a Master's of Science degree from the University of Wisconsin-La Crosse. Jim has held both head and assistant strength and conditioning coach positions at both the Division 1 and Division 3 level; including the University of Maine, Bowdoin College, The Killington Mountain School, Castleton University, and Colby College. Jim has trained many NFL and NHL professionals and 20 National Strength and Conditioning Association All-Americans. He is an adjunct professor in the Physical Fitness Specialist Program at Central Maine Community College. With a young daughter of his own, he hopes to teach her strength and conditioning concepts that will improve her athletic performance, but most importantly, keep her healthy!