

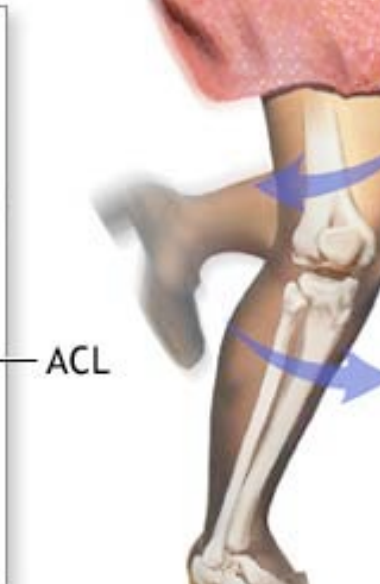
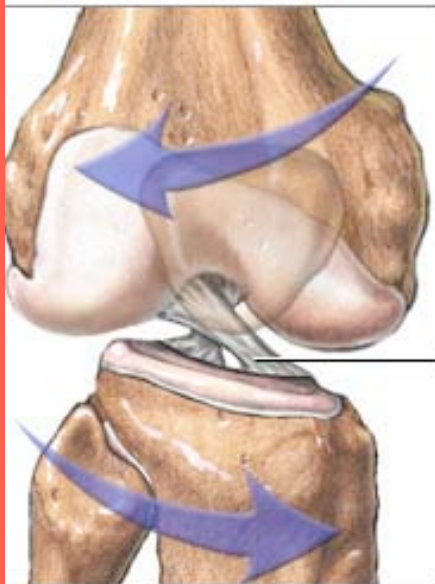
SESSION I

\$ 30 per coach

COACHES

ALL WOMEN'S SPORTS

11.6.2009



ACL

ACL injuries occur when bones of the leg twist in opposite directions under full body weight

Come Learn How to Train Properly and Prevent Future Injuries....from an EXPERT

SESSION II

FREE

PARENTS & COACHES TOO

Female Athletes

11.8.2009

Dynamic interactive format geared toward female athletes (9

years old to collegiate level), coaches and parents.

At completion of the presentation, all attendees will have a much greater

understanding of how the female athlete should be trained differently than the male athlete to improve athletic performance but most importantly, **REDUCE** injury risk.

SESSION I - \$30pp
November 6th, 2009

5:30-9:30 p.m.

Jesuit High School
Student Center

9000 Bvtn/Hillsdale Hwy
Portland, 97225

SESSION II - FREE
November 8th, 2009

2:00 - 4:30 p.m.

West Linn High School
Performing Arts Center
5464 West 'A' Street
West Linn, 97068

Laura Ramus - WNBA Detroit Shock Head Athletic Trainer

NATIONALLY renowned speaker on Female Athletes and ACL Injury Prevention

REGISTER.... Questions? More Info?

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