



Stronger Everyday

(217) 379-2500 • (217) 784-2650

Gahsportsmedicine.org

Upcoming GAH Sports Medicine Program Events

Monday, June 22nd – Speed, Agility, and Quickness Camp

- Location– PBL High School.
- Time – 5:00-7:00pm
- For athletes entering 6th grade through 12th grade.
- Cost - \$20 per camp or \$35 for both, if also signing up for NFL combine testing.
- Athletes will learn correct running form and participate in drills for improved speed, agility, and quickness. To include sprint cord, parachute, sled, speed ladder, and first step drills.

Wednesday, July 1st – “NFL Type” Combine Testing

- Location -GCMS High School Weight Room
- Time - 5:00 – 8:00pm
- For PBL, GCMS, and Blue Ridge athletes entering 9th grade through 12th grade.
- Cost - \$20 per camp or \$35 for both, if also signing up for Speed camp.
- Testing – Bench press, vertical jump, 40 yd (using electronic timing system), standing broad jump, 3 cone drill, 20 yd shuffle, and 60 yd shuffle.
- Athletes will be scored and ranked with results given to coaches.

Friday, July 31st – Coaches Clinic for PBL, GCMS, and Blue Ridge

Coaches

- Location – Railside Golf Club, Gibson City
- Time – 10:00am – 1:00pm
- For coaches in contracted schools.
- Cost – Free.
- To include presentations on sports medicine topics and a taping clinic. Presenters to include Chip Rowe, MD, orthopedic surgeon at GAHHS; Jeremy Henrichs, MD, Medical Director of Sports Medicine Program; Brian Slinde, Medical Director of Physical Therapy; athletic training staff.

Saturday, August 1st – PBL Sports Physicals

- Location – PBL Jr. High
- Time – 8:00-11:00am
- For all PBL athletes. Not for students needing immunizations entering 6th grade and 9th grade.
- Cost - \$25

For more information go to our website:

www.gahsportsmedicine.org