

Speed, Agility & Coordination.  
Strength & Power.  
Flexibility & Mobility.  
Energy System Development.  
Regeneration & Recovery.  
Injury Prevention.



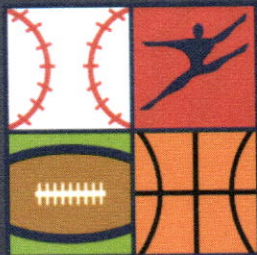
# SPORTSCARE

## PERFORMANCE INSTITUTE



- + YOUTH CLASSES
- + SPORTS PERFORMANCE
- + PEAK PERFORMANCE
- + ELITE PERFORMANCE
- + ADULT CLASSES
- + SPORT SPECIFIC CLASSES
  - Lacrosse performance
  - Basketball Performance
  - Baseball Performance

70 Route 10 West  
Whippany, NJ 07981  
973-560-0550



# SPORTSCARE

## PERFORMANCE INSTITUTE

### COACHES & STAFF

*SportsCare Performance Institute only selects the best of the best. All of our coaches have degrees in fitness and healthcare related fields and certifications ranging from Certified Strength and Conditioning Specialist to Certified Athletic Trainers.*

### PROGRAMS

*All of our programs are developed around scientifically proven methods to increase overall athleticism. Each program is tailored for individuals that are looking to increase speed, power and agility and maximize performance. Every athlete will go through an athletic evaluation and pending how each individual test, will determine which program they fall into.*

### SportsCare PERFORMANCE INSTITUTE

*SportsCare uses state-of-the-art equipment, field turf and track when designing each program for the individual athlete. Our training facility and equipment is specially designed for individuals of all ages and reach incomparable fitness and maximize performance.*

### WHY SPORTSCARE PERFORMANCE INSTITUTE?

SPORTSCARE USES SCIENTIFICALLY PROVEN AND STATE-OF-THE-ART EXERCISE REGIMENS IMPLEMENTED BY THE TOP DEGREEED AND CERTIFIED PROFESSIONALS FROM ALL OVER NEW JERSEY TO PRODUCE THE HIGHEST CALIBER OF ATHLETES. SPORTSCARE TRAINS ATHLETES OF ALL AGES AND SKILL LEVELS, FROM GRAMMAR SCHOOL TO THE PROFESSIONAL LEVEL.

## FREE TRIAL

SportsCare is offering FREE TRIALS to any and all athletes and adults dedicated to fitness excellence. Come for your free trial in any one of our classes, and find out how we can maximize your athletic potential today!

Call **(973) 560-0550**  
or online at visit our website  
[www.sportscare1.com](http://www.sportscare1.com)

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