

Girls Can Jump Clinics

Female athletes are three times more likely to suffer ACL injury than male athletes. That is why we have joined forces with the national Girls Can Jump Program. We want to teach every athlete to train and condition in a way that helps them prevent injury and improve performance.

Our 15-point assessment identifies individual areas of weakness and has shown to improve performance by as much as 20% in the athletes who have been through our clinics. Join us for one of our after school clinics in Boulder or come in for individual assessments and training.

Clinics are \$120 per athlete
8 sessions. Teams welcome.

Call to schedule, (303) 441-2285.

September 2-30, 2009
Mon & Wed, 4:30-5:30 pm

September 3-29, 2009
Tue & Thurs, 4:30-5:30 pm

October 5-28, 2009
Mon & Wed, 4:30-5:30 pm

October 6-29, 2009
Tue & Thurs, 4:30-5:30 pm

SOCCKER

BASKETBALL

VOLLEYBALL

SOFTBALL

TRACK



311 Mapleton Ave., Boulder, CO 80304 • (303) 441-2285

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www.bch.org/sportsmedicine