



April, 2022

Dear Shenandoah 4-6<sup>th</sup> grade Parent,

We are excited to announce that the Shenandoah Booster Club and Shenandoah Medical Center are once again teaming up to make a very generous contribution to your student athletes this summer and we would like to invite athletes who are serious about wanting to improve their athletic abilities to join us! The two entities are offering to put any current 4th-6th grade athlete through Shenandoah Medical Center's 8-week Sports Acceleration Program for FREE! Specific details about the Sports Acceleration program are listed below and I am more than willing to answer any questions that you may have.

This year our program will begin on Wednesday, June 1st and end Friday, July 29th, with a make-up week following. We will also offer additional make-up times throughout the summer. We will be taking Fourth of July off. There will be morning sessions available on Monday, Wednesday, and Friday. The sessions will last approximately one hour with time slots available from 7:00 am-12:00pm. Group size will be limited to no more than 12 athletes per session, in order to allow us the opportunity to work with each athlete. Sign up will be on a first come first serve basis. We are flexible and can shift times due to ball games, etc if needed.

The Sports Enhancement Program uses evidence based methods that focus on improving an athlete's quickness, running, jumping, lifting form, coordination, agility, acceleration, power, speed, strength, and vertical jump. Our goal is to teach athletes the skills, techniques, and knowledge to make them better athletes. We hope they will continue to use what they have learned to keep improving throughout the year. Performance testing is done on every athlete during the first week of the program, and then we design an individualized sport specific program for each athlete. The program includes a lifting workout based on the sport(s) each athlete is training for, speed and endurance workouts on our sport enhancement treadmill focusing on correct running form, plyometric workouts, and vertical jump training. At the end of the eight weeks, each athlete will be re-tested to show improvements and receive a progress sheet showing their pre and post- testing results. If your child is in an athletic activity that requires summer weightlifting, they may participate in both programs. We will work with their lifting program and design a strength program that compliments what they are currently doing. The minimum age requirement for the program is 10 years of age.

In order to get the session FREE, the athlete will be required to attend 80% of all sessions. If they do not meet the 80% requirement, the parent will be responsible for the balance owed. If your athlete(s) attends 17-19 sessions you will owe \$30, attending 14-16 sessions will be \$40, and attending 5-12 sessions will be \$50. If your athlete(s) attends less than 5 sessions, you will owe the full program fee of \$100.

Please feel free to contact us with any questions and to get your athlete(s) registered. Our phone number is 712-246-7325. We are looking forward to an exciting summer and hope to have you join us. We want to personally thank the Booster Club and Shenandoah Medical Center, and hope that you will too, for this amazing opportunity to improve our students' athletic abilities. We have so much fun working with them and enjoy watching them succeed!

Sincerely,

Nikki Carlson, CPT  
Director of Wellness  
Shenandoah Medical Center

And

Jake Johnson, LAT, ATC  
Certified Athletic Trainer  
Shenandoah Medical Center