

Greece PTA Council

Presents:

**John Bernfield, MS, ATS
University Sports Medicine, Strong Health,**

TOPIC:

ACL Injury Prevention for Female Athletes

DATE: Wednesday, September 13, 2006

TIME: 7:00 P.M.

WHERE: Olympia Auditorium

WHO SHOULD ATTEND: Parents, Athletes, Coaches,
& Physical Education Teachers

Please join us for this Informational Seminar which will present the PEP (Prevent Injury Enhance Performance) Program. The program was developed by a team of Physicians, physical therapists, Athletic Trainers and Coaches. The program includes specific exercises targeting strength, balance, power and endurance, with the focus on balance and landing techniques to prevent injury, or reduce injury risk. This seminar will include video presentation, exercise instruction and a question and answer session.

Greece Council
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