CENTRE ICE FITNESS

INJURY PREVENTION PROGRAM
PREVENTING ACL INJURY & IMPROVING PERFORMANCE

B.A.S.E.S INJURY PREVENTION PROGRAM : Classes 4 or 6 weeks 2 or 3 x a week 12 total sessions. Pre and Post testing included instructed by a Certified Athletic Trainer and focuses on building a better athlete by increasing and improving the following:

BALANCE

The ability to maintain equilibrium when stationary or moving (i.e. not to fall over) through the coordinated actions of our sensory functions (eyes, ears and the proprioceptive organs in our joints); static balance – the ability to retain the center of mass above the base of support in a stationary position; dynamic balance – the ability to maintain balance with body movement; speed - the ability to move all or part of the body quickly; strength - the ability of a muscle or muscle group to overcome a resistance.

AGILITY

Agility or nimbleness is the ability to change the body's position efficiently, and requires the integration of isolated movement skills using a combination of balance, coordination, speed, reflexes, strength, and endurance. Agility is the ability to change the direction of the body in an efficient and effective manner and to achieve this requires a combination of balance and coordination.

SPEED

Speed is the ability to move quickly across the ground or move limbs rapidly to grab or throw. Speed is not just how fast someone can run skate, cycle, swim etc.), but is dependent on their acceleration (how quickly they can accelerate from a stationary position), maximal speed of movement, and also speed maintenance (minimizing deceleration).

EXPLOSIVENESS

Explosiveness is ability to quickly change speeds, direction and improve vertical jump explosive strength refers to an individual's ability to exert a maximal amount of force in the shortest possible time interval.

STRENGTH

Strength is the maximal force you can apply against a load, power is proportional to the speed at which you can apply this maximal force Power exercises mimic the motions used in sports exercises or drills aimed at linking strength with speed of movement to produce power. The benefits of plyometric regime training are primarily related to its ability to improve the responsiveness of the neuromuscular system, thereby allowing greater force production in the concentric phase of the stretch-shortening cycle of the movement.

RESEARCH SUGGESTS THAT ACL AND OTHER TRAUMATIC KNEE INJURIES CAN BE REDUCED BY MORE THAN 50% BY USING A PREVENTIVE TRAINING PROGRAM THAT FOCUSES ON PROPER TECHNIQUE, KNEE ALIGNMENT, STRENGTH, POWER AND STABILITY.

For more information on BASES Performance Enhancement Program contact Joelle Beaudoin, ATC at Center Ice Fitness Center 231-675-5813 or jmbeaudoin10@gmail.com