



Joelle Beaudion LAT, ATC

**Fifteen years experience as an Athletic Trainer
Specializes in Athletic Therapy Rehabilitation, Sports Specific Training**

- 15 years as a Certified/Licensed Athletic Trainer
Specializes in Athletic Therapy and Rehabilitation, Sports Specific Training and Conditioning. Joelle worked primarily as a high school athletic trainer splitting her time in a clinical rehabilitation clinic and covering athletic events of all levels as the team athletic trainer. In addition her passion is injury prevention and sports conditioning. She has designed in and off season programs for a variety of athletic teams and also can design programs for the geriatric population focusing on stability and balance. She obtained her athletic training degree from Central Michigan University with a minor in exercise science.
- Joelle is NATA certified and Michigan licensed and an expert in concussion protocol and baseline concussion testing for athletes.
- Joelle also teaches and instructs several of the Workshops and Clinics held at the club. Like Stability and Balance Core and other functional training based programming. In addition Joelle coordinates both the ACL injury prevention training for girls sports and ACE a youth athletic program focused on Acceleration Conditioning and Explosiveness. Setting standards for youth sports performance with focus on proper biomechanics joint stabilization and injury prevention emphasis for growing athletes.

When she is not working on getting people healthy or designing injury prevention programs, she can be found here at Center Ice playing in the women's and coed hockey league. She is an avid hockey fan and has been playing now for 12 years!

Club 231 932-8340 Club E-mail: info@centricefitness.com

Cell 231 675-5813 E-mail jmbeaudoin10@gmail.com

www.centericefitness.com