



# SHERIDAN MEMORIAL HOSPITAL

## Wyoming Rehab

135 North Gould | Sheridan, Wyoming 82801

# 2021 Peak Power

*Jump Higher – Perform Better – Gain Strength*  
*Optimize Balance & Coordination*  
*Improve Athletic Performance*

The **Peak Power Injury Prevention & Performance Program** was developed by the sports medicine team at Wyoming Rehab. Peak Power focuses on the optimization of speed, agility, power, and strength through supervised plyometric activity and weight training. In addition to a sports performance focus, this challenging program is based upon several successful ACL injury prevention programs. Peak Power is excellent for athletes of all levels, and will have a significant focus on injury prevention principles.

## Program Requirements

Athletes in grades 5-12 are eligible for participation. Participants must have had a physical within the past year and must be free of injury or have a physician release.

## Why Peak Power?

The Peak Power program is specifically designed for athletes to level up their athletic performance, prevent injury, and prepare for their upcoming sports season. Are you always starting your season with shin splints? Plagued with rolling your ankles? Don't feel confident in moving up to a higher level of athletic activity?

**Then Peak Power is for you. Work with qualified sports medicine professionals outdoors on Scott Field and level up this summer!**



## Session Overview

Each session is four weeks.

### DATES:

**Session I:**

**June 7th - July 2nd**

**Session II:**

**July 5th - July 30th**

**Mon., Wed., Fri.**

**7:00 AM - 8:30 AM**

### FEE:

**\$85 for**

**each 4-week session**

**includes**

**one Peak Power T-shirt**

**received at**

**completion**

### LOCATION:

**Sheridan High School**

**Football Field**

**1054 Long Drive**

### REGISTRATION:

**scan to sign up**



**or sign up on 1st day of  
session at SHS Football Field**

**For questions**

**contact Whitney**

**at Wyoming Rehab**

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