



QUARTERLY UPDATE

Vol. 1, Issue 1
May 1-July 31 2009

MEET OUR STAFF

CHIP SIGMON

*Manager (former Charlotte Hornets
Strength and Conditioning Coach)*

HUNTER YARD

Head Speed & Agility Coach (Ballantyne)

DAVID DESILVA

*Speed & Agility Coach and Baseball
Specialist*

BRANDON HUDGINS

*Asst. Speed & Agility Coach
from Winthrop University*

EMILY FORBES

*Asst. Speed & Agility Coach
from UNC-Charlotte*

CONTACT INFO

BALLANTYNE

Hunter Yard

*Hunter.Yard@orthocarolina.com
704.323.3278*

RANDOLPH ROAD

David DeSilva

*David.DeSilva@orthocarolina.com
704.323.3009*

Epicenter gets a new name

The OrthoCarolina Epicenter for Sports Performance has revitalized its identity and will now be known as the **OrthoCarolina Sports Performance** center. The Sports Performance center is the premier athletic training company in the Carolinas. Our staff provides expert help to those who want to become better athletes by focusing on their physical conditioning, speed, agility and quickness. Our physical assessments and personalized training programs (which address physical limitations and restrictions) ensure athletes are able to perform at their maximum potential

and significantly reduce the risk of injury and future health-related problems.

The Sports Performance center trains athletes from all sports (including soccer, baseball, football, tennis, volleyball, swimming) and we even have fitness-related programs for golfers. Our unique team approach allows athletes to receive care from our core groups (physical therapy, athletic training, and strength & conditioning training) so that their training program is balanced and complete.

For more information, please visit our Web site (www.ocsportperformance.com).

New office location to open this Summer

The OrthoCarolina Sports Performance center is expanding to an additional location on Randolph Road in uptown Charlotte. The center will open this summer and David DeSilva will lead the new team as head speed & agility coach.

SERVICES PROVIDED (AT BOTH LOCATIONS) INCLUDE:

Speed & Agility Program

This program will increase your athletic skills through training and nutritional advice. Athletes are tested on speed, agility, flexibility, and strength to identify areas of weakness and tested again the last week of training to measure improvement.

NIKE® SPARQ

Testing & Training

SPARQ is an acronym for Speed, Power, Agility, Reaction and Quickness. The program was created by Nike, Inc. with the goal of helping athletes improve in all of those areas through focused, dynamic training. The result is

LOCATIONS & HOURS

BALLANTYNE

**15825 John J. Delaney Drive
Charlotte, NC 28277
704.323.3278**

RANDOLPH ROAD

**1915 Randolph Road
Charlotte, NC 28207
704.323.3009**

**Monday - Friday
9 a.m. - 6 p.m.**

a more complete athlete – blazing speed, explosive power, fluid agility, innate reaction and jump-start quickness.

SERVICES PROVIDED (CONTINUED)

Physical Therapy

Recovering from an injury? Get back in the game faster. Our physical therapy services are covered by most insurance carriers and we can assist you with filing the claims.

Personal Training

Our staff of strength and medical professionals will design and administer a personalized plan of exercise and nutrition to help you achieve your overall health and fitness goals.

Sports Performance | ELITE PROGRAM

Take your game to the next level with the OrthoCarolina Sports Performance Elite Program. Athletes enrolled receive personal attention from The Sports Performance Team throughout the year and learn how to maximize their athletic ability (in-season and off-season).

The program includes

- speed & agility training
- weight training (in-season and off-season)
- flexibility & core strengthening sessions
- nutrition & supplement sessions
- mental/emotional sessions to help athletes stay focused with the rigors of competition
- networking opportunities with area professional & collegiate athletes

Our signature **P3** training method (Performance Enhancement, Physical Therapy, & Personal Training) trains, educates, motivates, and supervises athletes during their year-round improvement process. Contact us today to find out about our summer elite program that OC Sports Performance is offering!



SUMMER SPEED & AGILITY CAMP

OC Sports Performance is offering a six-week Speed & Agility camp this summer (June 15th – July 27th). Join us at Colonial Park from 9 a.m. – 11 a.m. every Monday, Wednesday and Friday.

Colonial Park
300 Hawthorne Lane
Charlotte, NC 28204
(704) 432-4280

NUTRITION TIP

WATER CONSUMPTION

- 75% of Americans are chronically dehydrated
- One glass of water will shut down midnight hunger pangs for almost 100% of dieters
- A mere two percent drop in body water can trigger fuzzy short-term memory, trouble with basic math and difficulty focusing on the computer screen or on a printed page
- Make sure to hydrate throughout the day, not just before exercise
- Consume 6-8 glasses of water a day, don't wait until you're thirsty