

FOOTBALL PERFORMANCE COMPLEX

By Tom Schott

SPORTS MEDICINE AREA

LOCATION

Level 1

BY THE NUMBERS

- » 5,800 square feet
- » 12 treatment tables
- » 10 taping tables
- » Five high-low recovery tables with NormaTec system for therapeutic massage
- » Dedicated rehabilitation and cardio workout area
- » Portable X-ray

BELLS AND WHISTLES

- » Two hydrotherapy pools (one cold water and one hot water) that both seat 20 to 25 players
- » Custom-made HydroWorx therapy pool with three areas that allows multiple athletes to train simultaneously (treadmill, deep-water treading and massage)
- » AlterG anti-gravity treadmill equipped with SmartSystem video display for recording and monitoring walking/running mechanics

PLAYER REACTION: ELIJAH SINDELAR

"IT IS TOP NOTCH. HONESTLY, IT IS EVEN BETTER THAN I ANTICIPATED, ESPECIALLY WITH THE HYDROTHERAPY AREA AND THE POOLS. IT IS HUGE. THE EQUIPMENT AND NEW TECHNOLOGIES THAT HAVE BEEN IMPLEMENTED ARE SUCH A BLESSING FOR OUR TEAM. THEY HELP US RECOVER FASTER AND GET BACK ON THE FIELD."

ASSOCIATE ATHLETICS DIRECTOR – SPORTS MEDICINE DOUG BOERSMA SAYS

"OUR SPACE WITHIN THE ENTIRE FOOTPRINT OF THE COMPLEX IS AWESOME. WE ARE IN CLOSE PROXIMITY TO EVERYTHING: LOCKER ROOM, WEIGHT ROOM, FUEL STATION, EQUIPMENT ROOM, AND BOTH THE INDOOR AND OUTDOOR PRACTICE FIELDS. NOT ONLY IS THAT CONVENIENT FOR THE PLAYERS, BUT IT HAS GREATLY ENHANCED THE COMMUNICATION AMONG THE VARIOUS STAFFS AS WELL AS THE FUNCTIONALITY OF EVERYTHING WE DO. IN ADDITION TO HAVING TOP-OF-THE-LINE AND STATE-OF-THE-ART EQUIPMENT, WE NOW HAVE FIVE CERTIFIED ATHLETIC TRAINERS DEVOTED TO FOOTBALL, WHICH IS TREMENDOUS."