

For Immediate Release

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Professional Athletes Train Kids

Without any fanfare, professional athletes are training students and adult members at SportsMed Center for Fitness located on the boarder of Wheaton and Carol Stream. “Our goal is not to become a crowded health club with a high turnover of membership,” says Director of Fitness, Christy Flowers. “We believe in maintaining our members by using professional athletes to help them maximize their sports ability.”

Christy is a former point guard for the WNBA, Charlotte Sting. She was forced to retire early from her professional basketball career due to injuries. Christy is happy to pass on her skills to interested sports enthusiasts at SortsMed. “Its always fun to watch the incredible growth of our club members as they learn to stretch themselves while implementing a few professional tips.”

Jeromy Flowers, a professional arena football defensive specialist with the Grand Rapids Rampage, trains football enthusiasts in small groups or one on one during his off-season. “Teaching kids skills, agility, and nutrition is important,” said Jeromy, “but now days kids need someone to believe in them and encourage them before they’ve proven themselves.”

Volleyball specialist Chistopher Minor has a Master’s of Exercise Physiology and believes strongly in teaching his students injury prevention. “Each professional trainer at SportsMed understands the importance of being a good role model,” said Christopher. “I

take time to encourage our members and teach them the fundamentals of injury prevention.”

Other specialists and sports professionals include Mary Ellen Martin, a qualifying NCAA Golfer, Julie Logan, a triathlete and former track coach, and Josha Krueger, a soccer defender of the year and co-captain of the Boston Renegades. In addition to the sports professionals, SportsMed has speed and agility trainers and nutrition specialists for the average person desiring to learn more about a healthy lifestyle.

“Our goal is to help the up coming athlete become rock solid in their skills, attitude, and understanding of how their body responds at its peak intensity during competitive play,” said Christy. “We want to help the athletes be winners on and off the court.”

The Rock program features several sports including football, basketball, and baseball. Each athlete receives a personally tailored program that includes a fitness evaluation, sports evaluation, four-week intensive training program with a sport specific trainer or professional, and a goal attainment T-shirt. The programs are well rounded and include nutrition, sport specific exercises, and injury prevention.

Parents interested in giving their kids a quality sports training experience or who have up coming athletes interested in learning more can contact SportsMed directly at XXX-XXX-XXXX. The SportsMed Center for Fitness is located at XXX XXXXXXXXX, Carol Stream, IL 60188.