Power, Reaction, Visual Tracking

Absolute Performance Therapy is offering training sessions to:

- Improve transition specific power for athletes
- Improve visual tracking, peripheral vision, and prediction
- Improve efficiency and reaction time

Each session is 60 min in length with a combination of speed/reaction activities and visual tracking

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Why us.....why here?

We understand injury, we specialize in movement analysis, and we understand the demands of the sport. This is training with the goal of being more efficient, more powerful, and more reactionary. This is training with a purpose.

Instructor: Alyssa Subbert, PT, FAFS, CSCS, MAPS - Physical Therapist and owner of Absolute Performance Therapy. Fellowship trained in the biomechanical analysis of sport and certified in strength & conditioning as well as 3D Movement Analysis and Performance System certified. She is a former collegiate volleyball and track athlete, track All-American, and former high school volleyball and track coach, current club softball and basketball coach.

Location: Absolute Performance Therapy, 225 East Hickman, Waukee, IA

When: **Tuesday evenings 6-7pm (Dec 13th thru Jan 24th - 7 sessions total)**

Cost: $50/session, $280 for 7 sessions

To sign up: Call 987-6267 or click https://forms.gle/tVWQEmCUorxiasAA9

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