

There are over 200,000 Anterior Cruciate Ligament (ACL) injuries every year. Statistics show that women sustain ACL injuries 10 times more frequently than men in the same sport.

Research shows there are many factors that predispose women to ACL injury, from anatomy (such as hip and knee structure) to a lack of appropriate training in essential techniques such as landing after jumping, stopping suddenly or making swift directional changes.

The recovery from an ACL injury is demanding and lengthy, taking from six to nine months before an athlete is cleared to return to sports competition.

Although it is impossible to eliminate the risk of injury in sports, targeted training techniques, coupled with athletic education can help reduce a young female athlete's risk of sustaining an ACL injury.



This clinic will give the athlete practical exercises and strategies to improve overall fitness while reducing her risk of injury.

Clinic Activities Include:

- A session of dynamic stretching
- Drills and skills for proper deceleration and landing techniques
- Functional strength training components to emphasize both upper and lower body strength



- Exercise Circuits to focus on functional movement patterns and techniques
- Progressive plyometric training

ALL ATHLETES SEEKING TO IMPROVE OVERALL STRENGTH, SPEED, AND POWER AND TO REDUCE THE CHANCES OF INJURY CAN BENEFIT FROM THIS PROGRAM.

FEE: \$360 per 6 week session
Come dressed for exercise and training.

QUESTIONS? Contact,
Madelynn Clifford
mcfitnessclinic@gmail.com 908-665-0473

CLINIC DIRECTORS

Madelynn Clifford, BS, NSCA – CPT

A life long athlete, Madelynn entered the personal training field over 8 years ago. She expanded her business by developing an after school strength training program for high school girls, that focuses on muscle balance, injury prevention and core strength. Through this expansion she recognized the need to reach the ever growing female athlete population.

Heather Worthy, MEd, ATC

Heather is currently in her 6th season with the Seton Hall Men's Basketball team as an athletic trainer. She is also currently a Certified Personal Trainer and Group Exercise Instructor. She received her Master's degree in Athletic training from Old Dominion University in 2004.

Sheila Dunne, MS

A local health, physical education and athletic coach for over 20 years, Sheila holds a Masters degree in Physical Education and Sports Administration. She has coached female athletes throughout her career and strives to ensure that each young woman has the tools and physical attributes to remain injury free.

Our team of Athletic Trainers, Certified Personal Trainers, and Coaches will use their knowledge of injury prevention and exercise science to take each student to a new level through hands on instructions, skills, and drills training.

CLINIC ENROLLMENT

Complete & mail with payment to: Madelynn Clifford; PO BOX 893 Summit, NJ 07902

NAME: _____ ADDRESS: _____ CITY: _____
SCHOOL ATTENDING SEPT 2010: _____ GRADE IN FALL: _____
PARENT/GUARDIAN NAME: _____ EMERGENCY PHONE: _____
EMAIL: _____

I hereby agree to let my daughter participate in the Prepare, Prevent Performance Clinic. I authorize the staff of Prepare, Prevent, Performance Clinic to act for me according to their best judgment in any emergency requiring medical attention. Instructors will ONLY act as First Responders in any case of emergency until further emergency medical personnel arrive. I agree to be solely responsible for all expenses and costs related to such emergency treatment and agree to indemnify Prepare, Prevent Performance Clinic for any expenses and costs that may occur in such treatment. In giving consent for my child's participation, I do hereby waive, release and hold harmless all representatives of Prepare, Prevent Performance Clinic and Kent Place School from any and all claims for injury or illness that may arise with my daughter's participation in this program.

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

Madelynn Clifford , LLC
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Prepare, Prevent, Performance Clinic

An interactive program designed to improve strength, coordination and balance to help reduce the risk of ACL injury.

FOR FEMALE ATHLETES
GRADES 9-12



12 SESSIONS
TUESDAY & THURSDAY
Aug 31th – Oct 7th
6:30 – 7:30 pm

Kent Place School
Field House