

CHILDREN'S HOSPITAL & RESEARCH CENTER OAKLAND

SPORTS MEDICINE CENTER FOR YOUNG ATHLETES

Specializing in the management and prevention of injuries to the young athlete

ATHLETE DEVELOPMENT PROGRAM



Through extensive clinic and field-based evaluation, our experts design a training program to achieve measureable improvement.

FEE:

Initial evaluations: \$150/hour
Sport team evaluations: \$150/hour
Training sessions: \$95/hour
Optimal training program is 12 sessions over 3 months.

The Athlete Development program provides comprehensive evaluation, education and athletic training for young athletes of all ability levels, in a setting designed to maximize safety and performance.

The Athlete Development program provides:

- Sports training, technique analysis and education
- Pain relief
- Analysis of games and training sessions for coaches to enhance their practice
- Team profiles to help coaching staff create playing strategies
- Information for the coach, physical therapist and/or doctor to be used in the athlete's development process

Outcomes:

- Enhanced safety for young athletes
- Enhanced technique and athletic efficiency
- Success during sports participation for athletes and coaches
- Enhancement of sports training design and implementation
- Intelligent and strategic coaching
- Provide coaches with objective tools to design training and game strategies

This program benefits:

- Athletes
- Individual and team coaches
- Conditioning coaches
- League managers and sports directors
- Physical therapists
- Physicians

Taught by:

- Kinesiologists and sports methodologists
- Youth fitness specialists
- Certified strength and conditioning specialists
- Physical therapists
- Certified athletic trainers



WE'LL GET
YOU BACK IN
THE GAME



CENTERS IN OAKLAND & WALNUT CREEK

www.childrenshospitaloakland.org

510-428-3558



CHILDREN'S HOSPITAL & RESEARCH CENTER OAKLAND SPORTS MEDICINE CENTER FOR YOUNG ATHLETES

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ATHLETE DEVELOPMENT PROGRAM TEAM LEADERS:

Michelle Cappello, MSPT
Management Coordinator and
Physical Therapist

Bruce Valentine, PTA, ATC
Program Manager of Athletic
Training Services, Physical
Therapist Assistant, and
Certified Athletic Trainer

Daniel Kamenetzky, BS, MS
Kinesiologist and Sports
Methodologist, specializing in
clinical biomechanics and athlete
performance

CONSULTS/REFERRALS:

Monday through Friday:
6:30 a.m. to 7 p.m.
Saturday
8:30 a.m. to 5 p.m.

510-428-3558

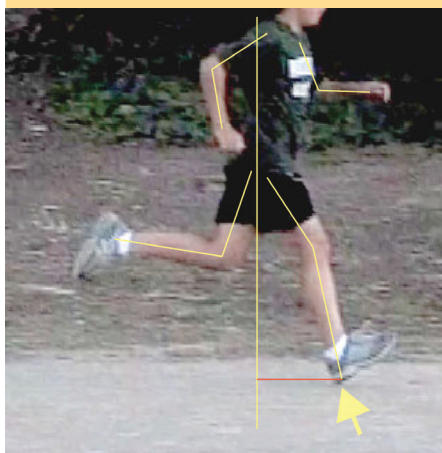
Email Daniel Kamenetzky, at
DKamenetzky@mail.cho.org

**Children's Hospital &
Research Center Oakland**
744 52nd St.
Oakland, CA 94609

Our goal is to help enhance the efficiency of the training process; decrease the number of injuries through preventive and new therapeutic models; educate and support coaches and managers; and prove athletic performance-related data through our ongoing research.

INITIAL EVALUATION

- First contact in front of the center of gravity



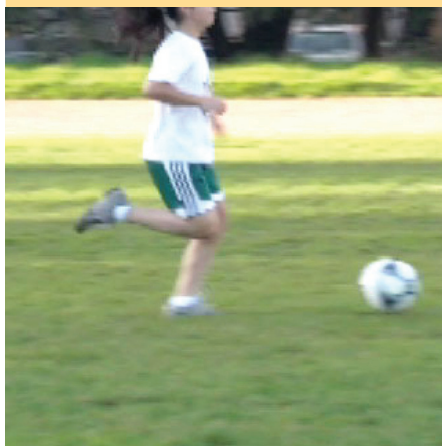
EVALUATION AFTER TRAINING

- First contact at the same level of the center of gravity



NEW TECHNIQUE IN PRACTICE

- New running technique transferred to a particular sport.



Evaluations:

- Technical and movement video analysis
- Training design analysis
- Body composition relative to movement
- Conditioning tests: strength, speed, flexibility, endurance and agility