



Visit Us on the Web

For more information on any of our programs, please contact or visit us online at hollandhospital.org/sports.

Holland Hospital **Rehabilitation Services**

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What Makes Us Different?

Holland Hospital's Sports Performance Program provides affordable comprehensive sports performance training and athletic training services in the West Michigan area for student and adult competitive athletes.

We are committed to being the area's leader in sports performance training with our team approach and focus on the total athlete.

Our staff consists of experienced athletic trainers, physical therapists, exercise physiologists, registered dietitians and sports technicians.



SPORTS PERFORMANCE PROGRAM

Leading with focus
on the total athlete.

Programs Designed for You



Holland Hospital Rehabilitation Services offers a variety of sports performance programs for student and adult competitive athletes.

Customized Programs

The customized program helps to strengthen athletic performance, improve essential skills and avoid common athletic injuries. Most participants will see increases in vertical jump, strength, power, speed, agility and cardiovascular fitness. Training is provided by experienced athletic trainers and rehabilitation professionals. Key components are:

- Agility
- Cardiovascular Fitness
- Flexibility
- Nutrition for Performance
- Plyometrics (muscle power)
- Injury Prevention
- Pre/Post Evaluations
- Speed/Quickness
- Strengthening
- VertiMax® Training

Sessions are typically 90 minutes long, with a minimum of eight students.

The program includes use of the VertiMax and its training components. The unique light-load, high-speed training capabilities of the VertiMax helps athletes maximize explosive potential.

Customized programs can include pre-season conditioning, summer conditioning, sports specific conditioning and more.



Individual Programs

Individualized programs focus on strengthening primary and secondary muscle groups in areas most used in repetitive motion of a given sport or position. By strengthening certain muscle groups, athletes become less susceptible to injury.

VertiMax Maintenance Program

Athletes who have gone through one of our programs using the VertiMax can purchase a punch card to help maintain what they have gained. A punch card includes 10 sessions, each session lasting 20-30 minutes. Sessions are by appointment only.

Small Group Program

Our small group program consists of up to four athletes with similar goals. These sessions offer many of the same benefits described in our individual program at a discounted rate.

Strength Training for Swimmers

Our strength training for swimmers program is personalized for serious swimmers aged 14-18. Emphasis is on learning swim-specific exercises in a “circuit” format to increase speed and stamina. This year-round program is offered in seasonal segments; Fall, Winter, Spring and Summer.

Discounts are available for families of Holland Hospital employees.

