

► Our programs can enhance performances for all athletic activities including:

- Baseball
- Basketball
- Cross country
- Cycling
- Football
- Golf
- Gymnastics
- Hockey
- Martial arts
- Skiing
- Soccer
- Softball
- Swimming
- Tennis
- Track and field
- Triathlons
- Volleyball
- Wrestling

SPORT-SPECIFIC TRAINING

We can improve your overall performance, such as achieving an additional:

- 0.2 - 0.4 seconds in 40 yards (equates to 6' - 10' of separation)
- 3 - 6" of additional vertical jump height
- 5 mph in throwing velocity
- improvements in both running and skating efficiency

We also have the ability to cater to the sport and position of your choice. This is just a taste of what Mercy Acceleration can do to maximize your athletic potential and unlevel the playing field.

►►► Baseball

- Accelerated speed for running bases
- Agility for quick movements on the field
- Throwcord to strengthen pitching and throwing

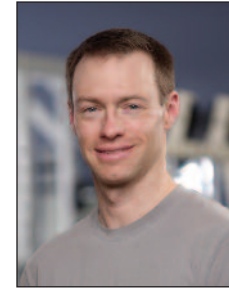
►►► Soccer

- Agility for changing direction quickly
- Body coordination and balance for executing moves accurately
- Strength and power for forceful kicking

►►► Track and field

- Improve explosiveness and endurance
- Achieve maximum sprint speed
- Enhance throwing and jumping velocities and distance

► Mercy Acceleration coordinator



Mercy Acceleration is led by **Brent Wesolek**, a level 1 USA triathlon certified coach. He is also a certified ACL Bridge Administrator through Frappier Acceleration Sports Training. Brent

has over 18 years of coaching experience and competes for the Russian Style Cross Country Ski School. He received both his bachelor's and master's degrees from the University of Wisconsin-La Crosse in fitness and human performance.

Mercy Acceleration is part of the Athletic Republic franchise. For more information, visit www.AthleticRepublic.com.



Find us on Facebook!
Mercy Acceleration Janesville

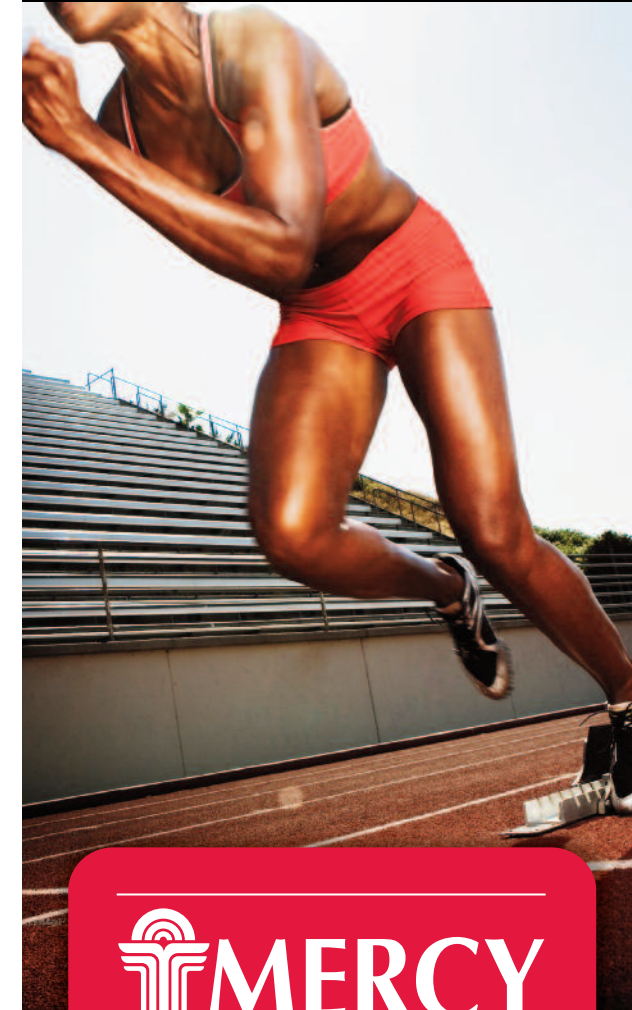


MERCY ACCELERATION
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MercyHealthSystem.org/Acceleration

Mercy Acceleration

Advanced sports training



MERCY
HEALTH SYSTEM

Run faster. Jump higher. Play better. Win more.

► What is Mercy Acceleration?

Mercy Acceleration is not just a gym, it's a whole new way to train. We understand the skills demanded by your sport. We embrace the opportunity to help you advance. From our one-on-one training to our scientifically developed protocols, we will help you maximize your athletic potential to achieve the results you crave.

► Who it's for

Mercy Acceleration is ideal for all athletes—youth, high school, college and professional levels. From recreational athletes to peak performing professionals, we cater specifically to each sport and to every athlete.

► When to sign up

Athletes can sign up anytime. If you are participating in an organized sport, you should sign up at least 6-10 weeks prior to the first team practice. However, four-week sessions are available. Also, incremental levels are available so athletes can continue to make gains during the off-season.

EQUIPMENT

Scientifically designed to enhance speed, power, agility and overall performance.

►►► Treadmill

With an incline possible to 40% grade and decline to 10% grade, a motor that ramps up from 0 to 28 MPH in less than three seconds, and a mirror and video placed strategically to give you instant feedback, the Generation II Super Treadmill will challenge you to a **speed** that maximizes your athletic ability.



►►► Strength training

Any gym can teach strength. Lift a prescribed weight, plateau at particular reps, add more weight. Repeat. Mercy Acceleration takes you beyond strength training by teaching you to put your **strength** into motion, therefore building power.

►►► Plyometrics

Plyometrics are designed to enhance **agility** by improving vertical jumping ability, multi-directional quickness, leg and hip girdle strength and coordination. Plyometric routines range from floor drills to advanced forms using Plyo Press equipment



►►► Sport-specific training

At Mercy Acceleration, advanced sports training is our life. Not only can we improve overall performance, but we also have the ability to cater to the sport of your choice. See back of brochure for more details.

HOW IT WORKS

Depending on the program chosen, it is recommended that the athlete train at Mercy Acceleration 2-3 times per week. Each training session lasts approximately 90 minutes.

At Mercy Acceleration we believe the foundation of success comes through our TEST-TEACH-TRAIN approach to an athlete's development.

► **Test** Before starting a new training series, we test athletes to establish a performance baseline and to set individualized training programs to improve skills and help them achieve their goals.

► **Teach** We follow the same methods used by many of today's top professional and Olympic athletes to teach sport- and position-specific movement skills.

We teach proper technique for improved efficiency, injury prevention, and to optimize each athlete's skills.

► **Train** We train with the most scientifically proven programs available, using our patented technology, individualized training protocols and video analysis programs to give every athlete the ultimate experience in performance sports training.