

COACHES



RENEE RIPP, ATC, LAT

Bachelor of Science in Athletic Training; NATA Board of Certification (NATABOC)-Certified Athletic Trainer (ATC); State of Wisconsin-Licensed Athletic Trainer (LAT); CPR, First Aid Certification, American Heart Association

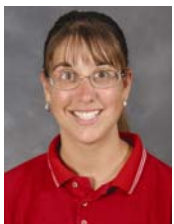
Renee also provides athletic training services to the Lodi School District.



KRISTIN KOLODZIEJ, ATC, LAT

Bachelor of Science in Kinesiology, Athletic Training; NATA Board of Certification (NATABOC)- Certified Athletic Trainer (ATC); State of Wisconsin-Licensed Athletic Trainer (LAT); CPR/AED, First Aid Certification, American Heart Association

Kristin also provides athletic training services to the River Valley School District.



HEIDI HOHENSEE, ATC, LAT

Bachelor of Science in Education with minors in health education and athletic training; NATA Board of Certification (NATABOC)-Certified Athletic Trainer (ATC); State of Wisconsin-Licensed Athletic Trainer (LAT); CPR, First Aid Certification, American Heart Association

Heidi teaches at Sauk Prairie High School and provides athletic training coverage to the Sauk Prairie School District.



**SAUK PRAIRIE MEMORIAL
HOSPITAL & CLINICS**

80 First Street
Prairie du Sac, WI 53578

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REACT PERFORMANCE PROGRAM

Summer 2008

SAUK PRAIRIE MEMORIAL
HOSPITAL & CLINICS

**DON'T JUST
ACT, REACT**



TEL: 608-643-7263

REACT PROGRAM

REACT is a six-week summer program for middle and high school athletes designed to promote an active and healthy lifestyle by training to prevent injuries and increase athleticism. The program utilizes individualized functional training through the use of plyometrics, weight-lifting, and speed training to educate the body to react to the unique challenges in athletics.

GOALS

- Decrease injury risk
- Promote a healthy lifestyle
- Increase body awareness
- Develop muscle balance
- Increase agility, balance, and coordination
- Increase core strength

CLASS INFORMATION

Class space is limited for a maximum participant:instructor ratio of 8:1. Middle school sessions (entering grades 6-8) will be held twice weekly on Tuesday and Thursday afternoons. High school sessions (entering grades 9-12 or college freshmen) will be held three times weekly on Monday, Wednesday, and Friday mornings. Classes will be held at the Wellspring Wellness Center at Sauk Prairie Memorial Hospital. Session will run from the week of June 16th through the week of July 28th.

The program is designed to meet standards of training and conditioning set by the American College of Sports Medicine. All classes are lead by licensed athletic trainers who are trained in injury prevention.

REACT REGISTRATION FORM

Name: _____

Address: _____

Phone: _____

Age: _____ Grade: _____

School: _____

Sports: _____

T-shirt size: S M L XL

Emergency Contact: _____

Phone: _____

Guardian Signature: _____

COST

Middle School Session: \$120

High School: \$270

Send registration form and fee made payable to: SPMH; c/o Wellspring REACT Program; 80 First Street; Prairie du Sac, WI 53578

SESSIONS

Middle School Ages, Tuesday and Thursday:

1:00-2:00pm 2:30-3:30pm

High School Ages, Monday, Wednesday, Friday:

8:00-9:30am 10-11:30am

Session will run from the week of June 16th through the week of July 28th, 2008. Class space is limited, register today!