



Sports Rehabilitation and Performance Center

Upcoming Events and Programs 2009

January

- 16th **How to Train Before and After Baby**

February

- 10th **Throwing**: Pre-Season Training for Injury Prevention and Performance

March

- 24th **Lower Extremity Injury Prevention for the Young Athlete**

April

- 22nd **Golf**: Pre-Season Training for Injury Prevention and Performance

May

- 12th **Tennis**: Pre-Season Training for Injury Prevention and Performance
- 27th **Running**: Pre-Season Training for Injury Prevention and Performance

September

- 10th **Lower Extremity Injury Prevention for the Young Athlete**

October

- 15th **Swimming**: Pre-Season Training for Injury Prevention and Performance

November

- 10th **Running**: Pre-Season Training for Injury Prevention and Performance

December

- 10th **Skiing and Snowboarding**: Pre-Season Training for Injury Prevention and Performance

Email for questions: pped@hss.edu or to register click here <http://www.hss.edu/pped.asp>