



Training & Injury Prevention for Female Athletes in Cheerleading & Gymnastics

The ***Athletic Performance Center (APC)*** is offering a **FREE** 2 hour session for parents and female athletes involved in cheerleading & gymnastics, on Saturday, May 9th. Designed as an educational and interactive session, it will cover a variety of important information on issues specific to young female cheer and gymnastic athletes.

Featuring Dr Keith Mankin, Raleigh Orthopaedic Clinic's pediatric orthopedist, and the APC's sports performance/therapy staff.

This session will cover:

1. Injuries – what to look out for, when to worry, & when to seek help
2. Myths and methods of “Core” training
3. Flexibility, injury prevention & recovery techniques
4. Nutrition and other female specific training issues

Date: Saturday, May 9th

Time: 10:00-12:00

Ages: 8-18 with parent(s)

Place: Athletic Performance Center

2400 Sumner Blvd, Suite 120

Raleigh, NC 27616

Fee: FREE – RSVP required for planning purposes
Parents should attend with their child

Please call (919) 876.1100 or email jbent@raleighortho.com to reserve your spot

For more information, please visit www.raleighortho.com/apc