



ACL INJURY PREVENTION CLINIC!

Presented by Sky Blue and Atlantic Sports Health



DRILLS AND INJURY PREVENTION STRATEGY

- Active deceleration warm-ups
- Injury prevention workouts

All athletes who attend will have active participation in the workshop!

WPS SEASON TICKETS AVAILABLE!

4 Packages to choose from!

Each package includes:

- Sky Blue Season Ticket
- Inaugural Lapel Pin
- Membership Card
- Pre-Game Coach's Notes emailed to you

**Call
732.271.7700
for your
tickets today!**



Back By Popular Demand!

Arsenal Soccer Club will host Blue and Atlantic Sports Health in their extremely successful presentation on ACL injury prevention in female soccer players.

This educational forum is an excellent way to kick off the fall season!

Cost: FREE!

Date: September 20, 2008

Time: 10:30am - Noon

Location: SuperDome Sports
134 Hopper Ave.
Waldwick Soccer Center

Pre-Registration Preferred. Please email acclinic@skybluesoccer.com with:

- Name
- Age
- Email address

"We were very fortunate to have this clinic once before for Arsenal, and also for the girls U-17 National Team camp. I consider it essential for all female soccer players."

Kazbek Tambi, Arsenal and U-17 National Team coach

LEARN THE WARNING SIGNS OF A HIGH-RISK PLAYER AND WHAT THEY CAN DO TO HELP THEMSELVES OR THEIR PLAYERS TO STAY IN THE GAME!

- Medical explanation by an orthopedic expert
- Injury prevention workshop conducted by Atlantic Sports Health Physical Therapists
- Exercise demonstrations by Sky Blue Soccer players