

Free Sports Injury Clinics

If you have a sport or fitness related injury, get it checked out by a Bronson certified athletic trainer! Clinics are available at several locations and days/times throughout the community.

Bronson Athletic Club

6789 Elm Valley Drive
Kalamazoo

Every Monday, 2 to 6 p.m.
No appointment necessary.
Open to the public (members and non-members).

The Point Community Center

2595 10th St., Kalamazoo
2nd Thursday of each month
from 4 to 6:30 p.m.

No appointment necessary.
Open to the public.

Kalamazoo Strength & Conditioning/CrossFit 269

1919 E. Kilgore Service Road,
Kalamazoo

1st and 3rd Thursday of each
month from 4:30 to 6 p.m.

No appointment necessary.
Open to the public (members and non-members).

Kingdom Sports Indoor Soccer

8151 Merchant Place, Portage
Appointment required.

Visit kicsports.net to schedule and appointment. Open to the public.

Kalamazoo Central High School

Athletic Training Room
2432 N. Drake Road, Kalamazoo

Every Monday (summer only)
from 10 a.m. to noon

No appointment necessary.
Open to the public.

Portage Central High School

Athletic Training Room
8135 S. Westnedge Ave., Portage

Every Thursday (summer only)
from 10 a.m. to noon

No appointment necessary.
Open to the public.

Performance Training Has Positive Impact on Area Athletes

"Because they are stronger, they are more confident."

– Andrew Laboe, athletics director at Loy Norrix High School



Athletic trainer, Tyler Depuydt, ATC, CSCS, MS, (left) with Andrew Laboe, athletics director at Loy Norrix High School.

Since his childhood, Andrew Laboe has always been immersed in sports. From watching his sisters compete in volleyball to tracking statistics for men's basketball in college, his life has revolved around athletics. His love of sports grew into a career; upon completion of his master's degree, Andrew became the athletics director at Loy Norrix High School. After a decade of overseeing the athletics program there, he aspired to take the skills of his athletes to the next level. Andrew knew performance training could strengthen his athletes and the school's athletics program so he partnered with Bronson to take the program to the next level.

In 2012, Andrew welcomed Bronson Performance Training athletic trainer Tyler Depuydt to the team. Together, they implemented a strength and conditioning program to target both individual and team needs. Loy Norrix High School athletes have access to Tyler in the school weight room on weekdays for two hours after school. During the sessions, Tyler works with students and their coaches to help them achieve proper form and improve performance.

"There are huge benefits to having a performance training program," says Andrew. "For starters, the winning percentages of our teams have increased.

I've also seen a significant decrease in injuries among athletes. We didn't have any surgical injuries this past fall sports season and our medical bills keep going down."

The interest in performance training has skyrocketed within the past year. To date, 400 of the 600 athletes at Loy Norrix participate in performance training. "Once a student starts to see the results, they're hooked," says Andrew. "It's inspiring to see our male and female athletes work together to create an encouraging and judgment-free environment. You can tell that everyone feels comfortable in the weight room."



Since the Bronson Performance Training program was implemented, Andrew has seen an increase in senior athletes that go on to play for collegiate teams. Last year, they had four seniors sign-on to play sports in college. This year, they have 13 seniors signing to play on college teams.

Andrew has also noticed a healthier mentality among his athletes. "Their strength has eliminated their mental insecurities," he says. "I've witnessed increased leadership, initiative and an improved demeanor when they play in games. Because they are stronger, they are more confident."

Today, Andrew and Tyler continue to work together to grow Loy Norrix athletes both physically and mentally. Andrew says, "It's been incredible to see the positive changes in our athletes and our teams. I'm excited to see how performance training will continue to strengthen our athletics program."

Athletic Trainer's Top 5 Health Tips for Summer Runners

Summer is here! For runners it's an exciting time for races: fun runs, charity walks and races, obstacle course events, and even races with a theme. Whether you are a seasoned runner, a beginner, or just looking to get involved and have some fun, here are some tips from a Bronson certified athletic trainer for staying healthy and preventing injury.

Make Sure Your Body is Ready to Run!

If you are just beginning as a runner or have health concerns associated with physical activity, consult with your physician to ensure that your body can handle the demands of running. Another important step is making sure that you have the full body mobility and strength to run safely, which is essential for helping to prevent injury. A great example of a full body mobility and strength routine is yoga. Working on increasing mobility in joints and decreasing strength imbalances is an important step to take before beginning to train for a race.

Follow a Training Program

Part of staying healthy in any sport is being trained without over training. The body must be prepared for the demands of your race but also needs adequate amounts of rest and recovery. Training programs gradually ease a runner into working toward their goal: allowing the body to acclimate to running. Find a training program that aligns with your goals and fits into your schedule. Having the time to train properly is crucial to being physically and mentally prepared when race day comes.

Here is an example of an online resource for run training plans of every type: <http://rw.runnersworld.com/training-plan-finder/>

Stay Hydrated

Hydration plays a key role in health as well as performance. Weather conditions, training duration and training intensity are just a few of the factors that influence the amount of water the body uses while running or exercising. Hydrating properly and replacing fluids lost during exercise can help reduce the risk of heat illness. To begin an exercise session hydrated, The National Athletic Trainers' Association recommends consuming 17-20 fluid ounces of water or sports drink 2-3 hours before exercise and 7-10 additional ounces 10-20 minutes before exercise. A general guideline for fluid replacement during exercise is 7-10 fluid ounces every 10-20 minutes. Drinking water after exercise helps restore hydration and replenish the body.

Stretch With Your Warm-Up and Cool-Down

It is important to prepare the body and muscles to run using a warm-up, and then help them recover after a run during the cool-down period. Stretching during the warm-up and cool-down is imperative in injury prevention. Dynamic stretching, which consists of moving the joints through a full range of motion, is a great way to warm up pre-race and cool down post-race. Runners can also get great benefits from the use of a foam roller (foam cylinder used to "roll" the muscles) to massage the muscles and work out any tight spots. Examples of these stretching and mobility techniques can be found by checking running resources or internet search engines.

Listen to Your Body!

Training properly, hydrating, eating a balanced diet, wearing the right shoes and equipment, and proper warm-up/cool-down are all great ways to stay healthy while training for a race. Nothing replaces the ability to listen to your body. Muscle soreness can come with training for any athletic activity but it's ok to take rest or take a day off when needed. Injuries happen even with proper training and preparation.

Kalamazoo Area Runners is a local running group. To find out more information and a listing of community events, visit kalamazooarearunners.org.

PERFORMANCE TRAINING SUMMER CAMPS

Great for most sports! Learn how you can improve strength, speed, agility and prevent injury.



High School Camp
(Grades 9 – 12)

July 11 – 14
9 a.m. to noon



Middle School Camp
(Grades 7 – 8)

July 18 – 21
9 a.m. to noon

Both camps are at Loy Norrix High School in Kalamazoo. Camps are open to the public for both boys and girls. To register go to bronsonhealth.com/classes. If you have questions, call (855) 618-2676, ext. 4579.

 **BRONSON**
Sports Medicine

bronsonhealth.com/performancecamps


BRONSON
CHILDREN'S
HOSPITAL
RUN & WALK 2016

**Sunday,
September 25**

Support Bronson Children's Hospital
by joining this year's competitive
5K Run & Walk!

Fun activities begin at 11 a.m.
with the Run & Walk starting at 1 p.m.

Register at bronsonhealth.com/RunWalk