



Injury Prevention & Recovery for Peak Performance in Gymnastics

Saturday, October 28th at 3:15 – 5:15 PM

Medalist Fitness draws on many years of experience in competitive gymnastics, NASA's astronaut exercise research and development program, the state of the art literature in sport science, and elite performance coaching to help athletes achieve peak physical and mental performance. This hands-on workshop will cover fundamentals of injury prevention and training recovery techniques for peak performance in gymnastics. Specific attention will be given to:

- **Injury recovery & prevention**: Promotes an enjoyable and prolonged athletic career
- **Optimizing training recovery**: Helps athletes make optimal performance gains
- **Improving flexibility and mobility**: Fundamental for executing skills with proper form

We will also educate each athlete's parent/guardian on how they can appropriately support the athlete to correctly and diligently apply the techniques for best results in the athlete's competitive career.

**Special Pricing
for ATB Members**

\$60 per athlete & parent/guardian pair

Total participants allowed: 20

The Instructor: Lealem Mulugeta, MS, CSCS, CMC

Lealem integrates his many years of experience working at NASA, biomedical research, gymnastics and coaching athletes to develop and administer individualized training programs for athletes. He is still active in gymnastics with a focus on the rings apparatus.

Coaching Certifications & Training:

- USA Gymnastics Certified Coach
- Certified Strength and Conditioning Specialist (CSCS)
- Certified Mental Coach (CMC)
- Foam Rolling and Myofascial Compression Techniques

Advanced Education:

- **Master of Science (MS)**,
Bio-medical Concentration
- **Bachelor of Science (BS)**,
Mechanical Engineering

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