

Making Athletes Better

Mercy Sports Performance at HealthTracks

Want to *run faster, jump higher*, and *improve in your sport*? Mercy can put you on top of your game. Training athletes is what we have done since 1991. In fact, it is all we do. We aren't a fitness center. We don't train people who want to get good at working out. We train athletes of all ages to get better at their sport by individualizing a program that meets each athlete's specific needs.

What we target:

- Strength
- Speed
- Agility
- Power
- Coordination
- Jumping
- Quickness
- Reaction
- Flexibility

How we get our results:

- Functional Movement Screening
- Kettlebell Training
- Olympic Weightlifting
- Power Lifting
- Speed Drills
- Plyometrics
- Agility Drills
- Jump Training
- Sport Specific Application

Testing Protocol:

- Functional Movement Screen
- Electronic Speed Testing (10 yd, 40 yd)
- Electronic Timed Lateral Speed and Agility
- Power Testing (Vertical Jump/Broad Jump)
- Strength Testing

Program Overview

Individual program

- 1 year of unlimited training sessions
- 4 evaluations
- \$475 Fee*
- \$100 Activation Fee

Family program

- 1 year of unlimited training sessions per family member
- 4 evaluations per family member
- \$750 fee per family*
- \$100 Activation Fee (covers first 2 people), additional Activation fee for third person on).

**Can be paid on a monthly basis*

Additional considerations:

- We recommend each person train a minimum of two times per week. Ideally, 3-4 training sessions per week is optimal, but not always achievable.
- We also recommend that our in-season athletes find time to train 1-2 times per week in order to maintain their gains once their season begins. This also will help them in their recovery and durability during their sport season.
- We train every athlete like an athlete. This is not the standard "fitness" approach. Everything is scaled and customized to each person, but our ultimate goal is athletic improvement.



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