

Strength and Conditioning Specialists:

Chuck Kasson DPT, ATC, CSCS

Chuck has over 10 years of strength and conditioning experience. He has actively competed in the sport of Strongman and currently competes in Highland Games. He has experience working with High School athletes and has trained with top Strongman and Highland Games athletes.

Rob Kobza PT, DCS, CSCS

Rob has been certified as a Strength and Conditioning Specialist for many years and has extensive experience working on the rehab and recovery of athletes of all skill levels. Rob has trained athletes at the D-I Level and has experience working with University of Nebraska Student Athletes.

Both are also Physical Therapists and use their knowledge of biomechanics to tailor a program to the individual needs of an athlete.

Please Call to speak with a member
of our team.

We will be happy to answer any
questions you may have.



2845 South 70th Street
Lincoln, NE 68506
www.snyderpt.com

Phone: 402-489-1999

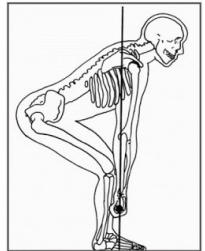
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Snyder Physical Therapy and Sports Rehabilitation

Learn To Lift

This is a comprehensive
program to teach the basics of
strength and conditioning for
injury prevention and sports
enhancement.



Your athlete's training will be overseen
by one of our Physical Therapists
and NSCA Certified Strength and
Conditioning Specialists.

We use cutting edge training principles
employed in Division I and Olympic
training facilities around the nation.

Learn to Lift

Strength and conditioning is a vital component to any safe athletic program. An age appropriate conditioning plan can enhance performance as well as help prevent injury.

Many Parents and Children have common questions about strength and conditioning. These questions include:

Is my child old enough to begin a S&C program?

How can we decrease injury potential?

Should my child be lifting heavy weights?

What exercises are best?

What should my child be eating?

How can I get my child to be more physically active?



What you need:

A willingness to learn and improve physical function and athletic performance.

What you get:

You and Your Athlete will learn:

- Strength Training Principles
- Safe Lifting Techniques
- ACL and Injury Prevention Exercises
- Nutrition
- Mental Training
- Training Templates for continued improvement

How we work:

We will train on our premises inside our clinic with cutting edge training methods used by top strength and conditioning coaches around the world.

Structure:

You have the option of weekly training sessions, or 1-2 times a month of instruction and a home program to be done independently. Home program will then be progressed and technique corrections made by our coaches on follow up sessions.

Please detach this sign up sheet with your athlete's information and send it in, or drop it off at our clinic location.

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Training is more fun in a group!

If your child has friends or teammates that would be interested in the same service, they can sign up as a team and train together, just add their information as well! Limit 5 per group.

Sign Up

Athlete	Age	Sports

Cost

Group size Price per session per athlete

1 50\$

2-3 35\$

4-5 25\$

Sessions will last approximately one hour.

