



Making Better Athletes.

Rock Valley
SPORTS PERFORMANCE

TRAINING PROGRAMS

S.A.D.O. SYSTEM

Specific Athletic Development Optimization

This training program is specifically designed to enhance athletic performance in a respective sport. The training regime is custom designed to diminish any weakness and/or faults the athlete may have. It is a comprehensive plan focused on improving all parts of athleticism.

Expected outcomes:

- Increased running speed & speed of movement
- Increased vertical & horizontal jump
- Improved reactions, quickness of feet & hands, Visions & Auditory
- Improved lateral, linear, and multidirectional quickness mechanics
- Prevent injuries commonly seen in respective sport
- Increase mobility to better develop movement mechanics and decrease risk of injury

The S.A.D.O. System is ever changing by adapting to the needs of the athlete progressing through the program and becoming more efficient in all aspects of competitive play.

We will be able to make a sport specific program to ensure you walk away a better competitive athlete every time.

ATHLETE GROUP

The Rock Valley Sports Performance training programs are specifically designed for the unique energy and movement demands of athletic competition. Our Certified Strength and Conditioning Specialists provide focused training to enhance your athletic performance.

Expected outcomes:

- Pre & post evaluation
- Improved agility & explosiveness of movement
- Quickened reaction time
- Gain of flexibility & power
- Achieve better balance & stability
- Reduce likelihood of common sports injuries
- Attain specific, measureable results



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• Moline: 309-797-8550 • Bettendorf: 563-344-4524 • www.rockvalleypt.com

TRAINING PROGRAMS CONT.

RETURN TO SPORT

Custom designed, collaborative approach between the Physical Therapist and Strength & Conditioning Specialist to compliment your rehabilitation program. This program is designed to assist in your injury recovery and to help you get back in the game.

Expected outcomes:

- Pre & post evaluation
- Individualized conditioning to reclaim pre-injury abilities
- Continual assessments to determine capacity to begin ability, speed, strength, and power training

PROGRAM PRICING

S.A.D.O.

<i>Duration</i>	<i>Sessions</i>	<i>Cost</i>
New Athletes		
6 weeks	18	\$525
12 weeks	36	\$955
Returning Athletes		
8 weeks	24	\$525
14 weeks	42	\$955

(Group training and rates available upon request)

RETURN TO SPORT

<i>Duration</i>	<i>Sessions</i>	<i>Cost</i>
6 weeks	18	\$325

ATHLETE GROUP TRAINING

<i>Duration</i>	<i>Sessions</i>	<i>Cost per Athlete</i>
New Individual Athletes		
6 weeks	18	\$395
12 weeks	36	\$675
Returning Individual Athletes		
8 weeks	24	\$395
14 weeks	42	\$675
2-5 Athletes		
8 weeks		\$300
14 weeks		\$525
6-9 Athletes		
8 weeks		\$250
14 weeks		\$450
10+ Athletes		
8 weeks		\$225
14 weeks		\$380

LOCATIONS & HOURS

MOLINE
860 43rd Avenue
Moline, IL 61265
(309) 797-8550

MONDAY - FRIDAY
3:30 p.m. - 5:00 p.m.
MONDAY - THURSDAY
6:00 p.m. - 7:30 p.m.

BETTENDORF
2222 Middle Rd
Bettendorf, IA
(563) 344-4524

MONDAY - THURSDAY
3:30 p.m. - 6:00 p.m.