



“Performance Enhancement Through Injury Prevention”

THE HIGH PERFORMANCE SPORTS DIFFERENCE

High Performance Sports is NOT a franchise! We are the original injury prevention and sport-specific conditioning provider on the north shore, in our own facility and with the president and founder of our program on-site. HPS staff have developed the programs that are implemented every day, and provide the high quality training that our athletes have come to expect because of that direct connection.

With sports-conditioning programs popping up all over the place recently, it’s important to know what sets HPS apart:

1) Science-based programs

Our president, Dr. Mahlon Bradley, is an orthopedic surgeon with over 15 years experience of treating professional and amateur athletes. Along with HPS Vice President Craig Devine, a physical therapist and head athletic trainer for the Columbus Crew, Dr. Bradley designed HPS programs based on injury prevention strategies and conditioning principles that have helped athletes of all ages and sports to avoid injury and reach a new level of performance.

Our programs also include a pre and post evaluation in 40 yard dash speed, agility, lower body power, upper body power, and acceleration to give athletes their ranking against the national average for their age and sport. Post evaluations are used to identify improvements and help set goals for in-season training. HPS staff also conducts sport-specific biomechanical video evaluations to help identify risk factors for injury.

2) Sport-specific programs

Why sport-specific? **Because injury risk and training demands vary from sport to sport, so training programs must differ.** Simply, there is no “one size fits all” training program to help athletes achieve their athletic goals. You will not find 13 year old female soccer athletes training with 17 year old football players at HPS. Their training is different because their goals and needs are

different. Also, by keeping training sport-specific, HPS staff is able to integrate sport-specific skill work into conditioning drills to help athletes transfer power, quickness, and agility to their sport.

3) Supervision

All HPS Conditioning Specialists are either Certified Strength & Conditioning Specialists (CSCS) or Certified Athletic Trainers. HPS Sports Assistants also have high criteria, and must be entering their junior year of college in an exercise science program and go through our 2 month internship program prior to working with groups. Also, HPS maintains a 1:6 trainer:athlete ratio to ensure that all enjoy a safe and effective workout.

4) Facility

High Performance Sports is much more than a gym. Our sports-conditioning center features 15,000 square feet with ceilings high enough to kick a football or drive a golf ball. HPS also offers a conference room for educational seminars and meetings, and Dr. Bradley's sports-medicine practice is on site (HPSM). Sports psychology and sports nutrition services are available, and HPS is home to Sports Therapy and Rehab, offering physical therapy to local athletes of all ages. All of these services offered under one roof makes HPS a truly comprehensive center for sports performance.

HPS is the Official Strength & Conditioning Partner for Massachusetts Youth Soccer and the Olympic Development Program and numerous club soccer and hockey teams on the North Shore. We also work with local high schools and colleges to help their athletes reduce injury and enhance their sports performance. From younger athletes who are just getting started in competitive sports, to professional athletes and everything in between, there is something for everyone at High Performance Sports

For more info or to set up a facility tour, contact us at (978)977-7877.