

Summer Performance Training & ACL Prevention Program

July 9th - August 13th



Fort HealthCare's Edge Performance Training is partnering with Fort Atkinson High School to offer a FREE 6 week summer training program for all female athletes.

Training provided by: Kim Beggs, ATC, Kristen Haverkamp, DPT, OCS, and Emily Shepley, DPT, CSCS.

Where: Fort Atkinson High School Weight Room

When: Tuesdays July 9th to August 13th from 4:00 to 5:00 PM.

Capacity will be limited to 20 athletes. Click on the link below to register!

<https://www.forthhealthcare.com/class/acl-injury-prevention/>