

TOP FORM, INC.



DIRECTIONS

- ▶ THE *TOP FORM, INC. PERFORMANCE AND EDUCATION CENTER IN CASTLETON* IS LOCATED JUST OFF EXIT 10 ON I-90. HEADING EAST, MAKE A RIGHT OFF THE RAMP AND WE ARE .1 OF A MILE ON THE RIGHT. HEADING WEST, TAKE A LEFT AT THE END OF THE RAMP, GO .2 OF A MILE AND WE ARE ON THE RIGHT.
- ▶ FOR MORE INFORMATION ABOUT ANY OF OUR PROGRAMS, CALL US AT 518.477.2700

TOP FORM, INC.



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81 MILLER ROAD, SUITE 100
CASTLETON, NY 12033
518.477.2700
WWW.TOPFORM.US

STUDENT ATHLETIC TRAINING MENTORING PROGRAM BY

TOP FORM, INC.



**DEDICATED TO PROVIDING THE
HIGHEST QUALITY
EDUCATION AND MENTORING
PROGRAM TO THE NEXT
GENERATION OF CERTIFIED
ATHLETIC TRAINER'S,
CERTIFIED STRENGTH &
CONDITIONING SPECIALISTS,
PHYSICAL THERAPISTS, AND
PERSONAL TRAINERS!**

MENTORING DIRECTOR

STUDENTS ARE WELCOME TO JOIN AT ANY TIME, BUT ARE ENCOURAGED TO BEGIN IN AUGUST / SEPTEMBER TO RECEIVE THE MOST INFORMATION!

- ▶ ONLINE PROGRAMMING
- ▶ STUDENT CHOOSE HOW MANY HRS NEEDED FOR COLLEGE APPLICATION
- ▶ RECOMMENDATION GIVEN FOR COLLEGE PLACEMENT FOLDER
- ▶ STUDENTS CHOOSE FROM SCHOOL/ GAMES SCHEDULE WHEN/WHERE TO ATTEND ATHLETIC CONTEST TO INTERN WITH LICENSED ATHLETIC TRAINER
- ▶ ONLINE CONTAINS: LECTURES, VIDEO, MORE

PROGRAM

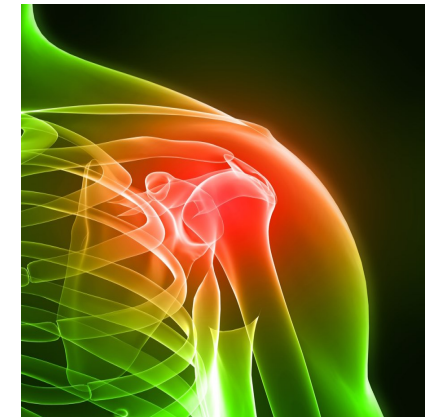
TOP FORM, INC. PERFORMANCE AND EDUCATION CENTER IN CASTLETON IS PROUD TO PRESENT *TOP FORM, INC.'S* STUDENT ATHLETIC TRAINING MENTORING PROGRAM THAT PROVIDES STUDENTS IN GRADES 11 AND 12 THE UNIQUE OPPORTUNITY TO OBTAIN KNOWLEDGE IN ATHLETIC TRAINING AND INFORMATION ON A VARIETY OF HEALTHCARE FIELDS UNDER THE SUPERVISION OF CERTIFIED PROFESSIONALS TO PREPARE THEM FOR COLLEGE. OUR MENTORS WILL PROVIDE EDUCATION IN A VARIETY OF ATHLETIC TRAINING AND FITNESS AREAS:



- ⇒ ANKLE, KNEE & HIP ANATOMY AND PHYSIOLOGY
- ⇒ SHOULDER, ELBOW & HAND ANATOMY AND PHYSIOLOGY
- ⇒ PREVENTION OF INJURIES
- ⇒ TAPING & BRACING
- ⇒ EVALUATION OF INJURIES
- ⇒ REHABILITATION OF INJURIES
- ⇒ TREATMENT OF INJURIES
- ⇒ EMERGENCY CARE
- ⇒ CONDITIONING TRAINING
- ...AND MUCH MORE!

TOP FORM, INC. MENTORING STAFF

RON ANNIS, PRESIDENT, CERTIFIED ATHLETIC TRAINER, CERTIFIED STRENGTH AND CONDITIONING SPECIALIST, AND LEVEL ONE OLYMPIC WEIGHTLIFTING DEVELOPMENT COACH



SHADOWING / MENTORING AVAILABLE AT ANY OF THE MENTIONED SCHOOLS, CAPITAL DISTRICT SELECTS ICE HOCKEY OR ALBANY PATROONS GAMES WITH PRIOR NOTIFICATION AND APPROVAL BY THE DIRECTOR.

CALL US TO SEE WHAT

TOP FORM, INC.

CAN DO FOR YOU!

▶ 518.477.2700