

## Qualified Instructor:

### **Gary Bredehoft CSCS, ACE CPT**

- Certified Strength & Conditioning Specialist, NSCA
- USA Triathlon Certified Expect Level Coach
- ACE Certified Personal Trainer
- Red Cross Certified Life Guard
- ASEP Certified Coach
- First Aid/ CPR Certified
- 2004 Ironman World Championship Qualifier and Finisher
- Four Time Cornhusker State Games Triathlon Champion

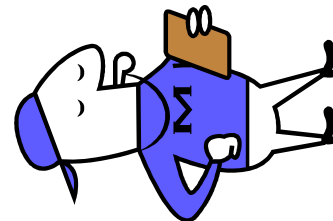


***Nothing is ever achieved that stays in a dream..... TAKE ACTION!***

**Our Personal Coaching/Training Philosophy** is to share knowledge of the fundamentals of the Activity/Sport with the client or athlete, through safe, enjoyable coaching/training techniques and methods. To assist the individual or athlete in setting, maintaining, monitoring, and achieving his or her goals, while developing self-confidence, discipline, and a feeling of self-worth. Above all, develop a lifestyle that will promote a lifetime of fitness and physical activity.

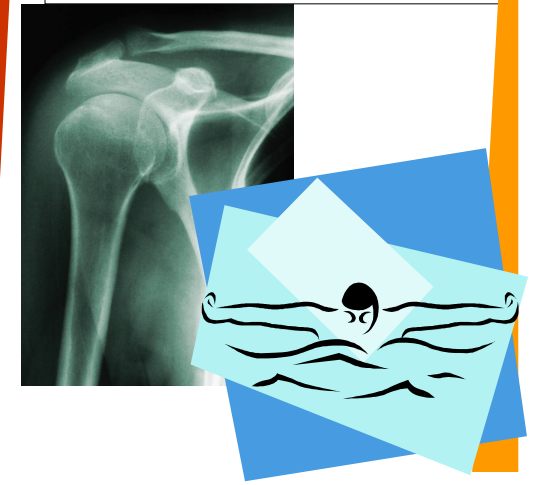


**Tiger Coaching & Personal Training**  
2110 Winthrop Rd Suite 100B  
Lincoln, NE 68502



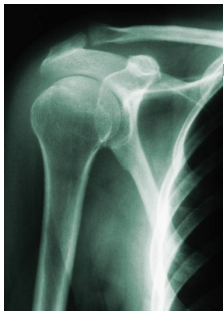
## **Tiger Coaching & Personal Training**

# **Swimming Prehab-Rehab Conditioning Program**



**Focus will be to prevent swimmers shoulder, strengthen rotator cuff and long head of bicep tendon, shoulder blade stabilizers, upper and lower core strengthening, and good posture for better biomechanics.**

**Tel. 402-560-8280  
Or 402-488-8280  
coach@tigercoaching.com**



## Tiger Coaching & Personal Training Prehab-Rehab Swimming Strengthening & Conditioning Program

### Sport Specific Prehab - Rehab Conditioning Program

- Focus will be to prevent swimmers shoulder, strengthen rotator cuff and long head of bicep tendon, shoulder blade stabilizers, upper and lower core strengthening, and good posture for better biomechanics.
- Develop Core Strength which will result in a faster stronger swim stroke using a variety of exercises and equipment.
- Perform Swim Specific Stretching exercises
- Perform Plyometric conditioning drills to develop an explosive start and flip turn push off
- Improve Strength and Flexibility
- Reach your Goals
- Nutrition Tips
- Stretching Techniques
- Injury Prevention
- Fun and variety
- Qualified Trained instructors.

For more information contact:



### Program Fee:

- One-on-One Fees: — 12 sessions \$345
- Two Athletes:— 12 sessions \$225
- Three - Five Athletes: — 12 sessions \$150
- Six - Eight Athletes - 12 sessions \$100

### **Team Rates Available at \$75**

### Registration Age:

5th Grade and Up

### What to bring:

Bring clothes to workout in, water bottle

### Sessions:

Scheduled on an individual basis.

All workouts approx. 60 min

### Conditioning:

Conditioning includes Strength Tubing Exercises, Core Development with Swiss & Medicine Balls. Rope Stretching Techniques Specific Strength Training Program performed by qualified trainers & coaches. Sports Nutrition consultation included for each athlete.

### Program Location for one-five athletes:

Tiger Training Fitness Center  
2110 Winthrop Rd. Lincoln, NE 68502  
(Aprox. 31st & South Street)

### **Team Conditioning Program can held be at Your Workout Facility or Pool**

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2110 Winthrop Rd Suite 100B  
Lincoln, NE 68502

Phone: 402-560-8280 or 402-488-8280

Fax: 402-488-8280

Email: coach@tigercoaching.com

www.tigercoaching.com

### **TIGER COACHING & PERSONAL TRAINING PREHAB - REHAB CONDITIONING PROGRAM- REGISTRATION FORM**

Individual registration form required for each participate (Include registration fee payable to Tiger Coaching)

Participant Name \_\_\_\_\_

Parent Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ E-mail \_\_\_\_\_

Phone H. \_\_\_\_\_ W. \_\_\_\_\_

Male Female Date of Birth : \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

Stroke/Event \_\_\_\_\_

Age \_\_\_\_\_ Club Team \_\_\_\_\_

Program Fee \$ \_\_\_\_\_ (enclosed)

### **WAIVER**

I know that participating in a conditioning program is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained to partake the workouts of this event. I agree to abide by any decision of a Instructor relative to my ability to safely complete the class, as well as abide by any recommendation to withdraw from the class, compete at a slower pace due to weather conditions. I understand that the weather conditions are often hot and humid and there is a danger of heat related injury or even death. I assume all risks associated with competing in this program, including but not limited to: falls, contact with other participants, the effects of the weather, including heat, humidity, traffic, and the training conditions. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Tiger Coaching & its employees, and all Sponsors, their representatives, assigns, and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature \_\_\_\_\_

DATE \_\_\_\_\_

(If under 18, parent or guardian signature)