

RETURN-TO-PLAY

Return-to-play is one of the most important decisions an athlete can make following a traumatic sports injury. Regardless of how innovative and progressive the surgical and rehabilitative interventions are, an athlete must be guided through all stages of the healing process.



Ruling Gardner
Olympic Gold Medalist

Cooper's Return-to-Play program bridges the gap between being functionally rehabilitated to total athletic re-conditioning, in order to allow unrestricted return to practice and games.

MENTAL & VISION PERFORMANCE LAB



John Henson – NBA

The Mental and Vision Performance Lab improves an athlete's concentration, focus, alertness, object tracking and visual memory using sport-specific methods.

These methods allow the athlete to recreate the motor patterns used in a game setting. Mental training is key to helping any athlete "perform under pressure".

- **Monthly Memberships and Packages: \$35/month**
- **Unlimited Members: \$25/month**

COACHES

Our Coaches are the best in the business. They hold bachelor's and/or master's degrees in exercise science. All of our coaches are NSCA certified.



Dr. Josh Cooper
Exercise Physiologist

Dr. Cooper was an Olympic strength coach and has trained over fifty athletes that have competed in the past seven Olympic games. He has developed National Champions, All-Americans, NFL, MLB, NBA and amateur athletes from all over the country and in a multitude of sports.

- Speed-Strength Coach Olympic Training Center Colorado Springs
- Established Cooper Sports Performance and Rehab in 2002
- Speed-Strength Coach – University of Colorado
- B.S., M.Ed, Ed.D Exercise Science- Exercise Physiology
- Certified Strength and Conditioning Specialist (NSCA)
- Certified Sports Nutritionist (ISSA)
- Published Multiple Scientific peer-reviewed studies
- Collegiate football player



4895 W Waters Avenue
Tampa, Florida 33634

Cooperstrength.com | info@cooperstrength.com
813-362-5432



STEP 1: GET EVALUATED

Your first day at Cooper we will measure acceleration, agility, top speed, power, flexibility, and then take anthropometric measurements.



Brittany Hochevar-VB

Your evaluation will also include a detailed high speed video analysis of sprint mechanics. This will establish bench marks and assess your current level of athleticism. This will help us to measure the effectiveness of your training program with tangible results. (Evaluations can be scheduled any day of the week and cost \$30)

STEP 2: SCHEDULE WORKOUTS

Cooper offers training for all ages/all sports

CLASS START TIMES

Monday-Friday

10am, 11:30am,
4pm, 5:30pm, 7pm

Saturday-Sunday

10am, 11:30am,

To schedule or view full class schedules, visit cooperstrength.com and click on "schedule your workout" in the upper right hand corner.

STEP 3: RESULTS

We measure performance improvements every workout. Testing athletes everyday gives us constant feedback that our athletes are receiving optimal training. Below are typical results after 6-12 weeks of training:

30 or 40yd Sprint	1.5-2.5 tenth drop
Vertical Jump	3-6" increase
5-10-5 Agility	2.5-7.5 tenth drop
Body Fat	3-6% drop

PRO ATHLETES & COMBINE PREPARATION

Professional athletes' careers are short. It's our job to keep you playing longer and at the highest level possible. Our advanced programs and integrated approach will make you a quicker, stronger and more explosive athlete. A small investment in the off-season will pay off big over your career.



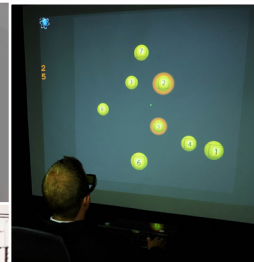
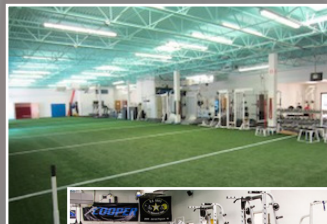
Andre Caldwell-NFL

College athletes preparing for a combine need every advantage when showcasing their talent to scouts. Cooper has repeatedly made some of the fastest athletes in the nation faster on testing day. We will give you all the tools to succeed and be in the best shape of your life.

SPORTS MEDICINE

Cooper has a full staff to meet your recovery and rehabilitation needs:

- Physical Therapist
- Chiropractor
- Myofacial release
- Massage Therapy/Soft Tissue work



MONTH TO MONTH

Times per Week	Cost per Month
1x	\$150
2x	\$250
3x	\$325
4x	\$375
In-season 1x	\$100

*Sibling discounts available



Matt Joyce-MLB

UNLIMITED MEMBERSHIPS

Months	Cost per Month
3	\$265
6	\$255
9	\$245
12	\$220

SIBLING DISCOUNTS

Times per week	Cost per Month
1x	\$250
2x	\$400
3x	\$525
4x	\$600
Unlimited	\$400
In-season 4x	\$150