



THE CENTER FOR HEALTH  
& SPORTS MEDICINE

# Athletic Development & Sport Performance



*Have a Need for Speed? We have what you need!*

Our scientific and evidence based approach to improving speed, agility, quickness and explosive movements will have you going faster and performing at the top of your game. We have both beginning and advanced classes, depending on the individual's level of skill and type of competition.

## **BUILDING STRENGTH & POWER**

If you are looking to increase strength or enhance your power performance, we are here to help! Our programs are designed to improve strength through an integrated and science based approach to weight training, and can be specifically catered toward your personal goals. We offer both beginning and advanced classes, depending on your current skill level, so every member can train at their desired pace.



## **AthletiCare Program**

This comprehensive program is intended for the constantly training athlete, both in and out of season. This year-long program is personalized to the individual athlete, focusing on sport-specific training throughout the season and during the offseason. Our team of sports medicine physicians, athletic trainers, strength and conditioning coaches, sports nutritionist and exercise physiologists use an evidence based, scientific approach in combination with state of the art equipment to individualize a plan based on an athlete's biometrics and personal goals.

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WELLNESS & ATHLETIC DEVELOPMENT CENTER**

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