

High Altitude Fitness and Koth Sports Physical Therapy

Once again, High Altitude Fitness and Koth Sports Physical Therapy are supporting the Sun Valley Ski Education Foundation, our athletes and families with special offers unique to our community.

Kevin Mora of High Altitude Fitness

A one-year gym membership is being offered to all SVSEF athletes, coaches and family members for \$275 per person, a savings of \$100. HAF offers yoga, aerobics, Pilates, kettle bells, primal fitness, full weight room and fitness equipment. HAF has two locations, the Ketchum facility is located in the Northwood Business Park, and the Hailey gym is on North Main Street (behind Fed Ex). Ketchum hours are 5:30 a.m. to 9 p.m. Hailey hours are 5 a.m. to 9 p.m., Monday through Friday. Doors open from 7 a.m. to 8 p.m. Saturday and 8 a.m. to 6 p.m. Sunday. There are two registration periods: July 1, and October 1. A complete list of registered athletes will be sent to HAF on June 30, 2011, which will be used to verify SVSEF participation.

John Koth of Koth Sports Physical Therapy, PA

John will be providing sports medicine consulting, performance testing and medical screening services to the SVSEF staff and the upper team members of all programs, Alpine, Cross Country, Freestyle and Snowboard. Koth Sports Physical Therapy's services will enable optimal performance while minimizing injuries and monitoring medical care and safe return to participation.

1. Athlete performance testing: establishing baseline and determining areas of improvement. Testing in line with USSA criteria
 - a. Anaerobic and Aerobic Fitness
 - b. Flexibility
 - c. Agility Testing
 - d. Vertical Jump Testing
 - e. Support Nordic Team lactate testing program
2. Coaching and employee screening and injury prevention program.
 - a. Performance testing
 - b. Injury Screening/Prevention
3. Injury consulting services and resource for athletes, parents and coaches/staff
 - a. Acute injury care
 - b. Phone consultation for travel contacts and injury care.
 - c. On-site coverage as needed.

Using Koth Sports Physical Therapy for first screening or injury consulting does not obligate nor imply any requirements to use KSPT for continued treatment. Koth Sports Physical Therapy services do not replace the need for medical insurance and/or associated long term medical cost resulting from injuries and/or accidents.