

## *Performance Physical Therapy Speed School is...*

- A training camp designed to maximize a young athlete's speed, strength, agility, and flexibility, leading to better performance on the athletic field.
- Developed and instructed by experienced healthcare professionals who specialize in the areas of strengthening, injury prevention, rehabilitation and on-the-field athletic performance
- A unified team of Athletic Trainers, Physical Therapists, Certified Strength and Conditioning Specialists, Personal Trainers and Kinesiologists.

### ***Our Guarantee...***

Increase Speed, Balance, Flexibility and  
Endurance

Heighten Coordination

Enhance Agility

Injury Prevention

Boost Self-Esteem

Promote Team Building

## Summer Camps:

Performance Speed School will be running a 6 week summer camp focusing on keeping athletes conditioned and prepared for the upcoming sports year.

Location: East Providence High School  
2000 Pawtucket Ave.  
East Providence, RI

Dates: July 12<sup>th</sup>- August 19<sup>th</sup>

Days & Times: Mondays & Thursdays  
8:00 a.m. - 10:00 a.m.

Cost: \$250.00/athlete

**See Registration Form on  
our website at:**

[www.performanceptri.com/athletes.html](http://www.performanceptri.com/athletes.html)



**Performance  
Physical Therapy**

**Care at its Best!**

[www.performanceptri.com](http://www.performanceptri.com)

**The Performance Speed  
School's mission** is to emphasize the fundamental components required to be a successful athlete, while teaching the importance of teamwork, respect, communication and commitment.



***Performance Speed School is  
geared towards all sports  
including...***

Baseball

Softball

Football

Wrestling

Volleyball

Lacrosse

Basketball

Tennis

Soccer

Track & Field

Field Hockey

Ice Hockey

### ***Who Can Benefit...***

Male & Female Athletes Ages 9-18

College Sport Candidates

Weekend Warriors

### *Testimonials...*

“What I was most impressed with, was the fact that the kids worked so hard and enjoyed it at the same time.”

-Neil Nachbar (13 yrs. experience  
Tolman High School Volleyball Coach)



*PPT Speed School with Tolman Boys Volleyball-  
February 2009*

“Staff members were excellent with their creative exercises designed to accommodate each athlete’s ability.”

-Bernadette Pimental  
(Tolman High School Girls Soccer Coach)

## Team Camps:

Performance Speed School is also available for team consults. We will design a sports specific training program to give your team an edge on the competition.

This is a one-time session at your practice facility that will focus on implementing a speed & strength conditioning program to address the specific needs of your team. Your team will also be provided with the tools to continue the program throughout the season.

For more information please contact:

Kevin Silvia PTA, BS, CSCS  
Co-Director of Speed School  
Certified Strength & Conditioning Specialist  
Physical Therapist Assistant  
[ksilvia@performanceptri.com](mailto:ksilvia@performanceptri.com)  
(401)726-7100

Dr. Brian Hay DPT, OCS  
Co-Director of Speed School  
Board Certified Orthopedic Specialist  
Physical Therapist  
[bhay@performanceptri.com](mailto:bhay@performanceptri.com)  
(401)726-7100



“A Stronger, Faster You”

**Register Now for  
Summer Sessions!!!**

