



3200 square feet
Olympic Strength Center



60 yard
Mondo Track



33 yard x 16 yard
FieldTurf

XL™ Athletic Performance



1630 Commanche Avenue
Green Bay, WI 54313

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playlarge.com



Athletic Performance

Welcome to XL

for performance & life

*Ensuring that every athlete
reaches their fullest potential.*



From Bellin Health

DO YOU XL™?

Since Bellin Health's "state-of-the-art" **XL™ Athletic Performance** facility opened in 2006, over 2,000 athletes have participated in the various performance programs.

Our sports medicine and orthopedic physicians, physical therapists, athletic trainers, sports nutritionists and strength coaches apply scientifically proven methods to help you excel. These individuals are committed to ensuring that each and every athlete reaches their fullest potential.

XL™ programs begin by offering every athlete the opportunity to complete a Movement Chain Assessment, from which a personalized corrective exercise strategies plan is created. This plan, in combination with scientifically proven strength training methods and the 8 Disciplines of Xlence, will increase an athlete's performance outcomes while reducing their risk of injury.



8 DISCIPLINES OF XLENCE

- Dynamic Warm-Up
- Core Stabilization & Balance
- Plyometric Training
- Quickness & Agility
- Acceleration & Speed Training
- Muscular Strength & Power
- Flexibility

WHAT SETS XL™ APART?

Movement Chain Assessment

The assessment is a comprehensive analysis of the body's ability to perform efficiently. XL™ utilizes Dartfish Software Technology to videotape posture and biomechanical movements, in addition to measuring flexibility and hip strength. Upon identifying any muscular imbalance or weakness, an athlete is provided with a personalized instructional sheet and DVD with specific exercises to improve these areas.

Performance Assessment

Part of the goal of XL™ is to measure an athlete's performance improvement. By performing pre and post assessments in the areas of power, speed, agility, and strength, XL™ is able to continuously improve athletic results. Testing protocols are adapted to meet the needs of each program.

Strength Training

XL™ believes that strength training in the weight room is a major foundation to overall athletic performance improvement. Our certified strength staff takes great pride in educating all athletes in proper lifting techniques, including an introduction to explosive Olympic movements. XL™ Athletic Performance programs include a strength training component as a part of every workout session.

PROGRAMS

- All Sports
- Middle School
- Performance for Life Adults
- Sport Specialty:
 - Football
 - Volleyball
 - Basketball
 - Track & Field
 - Soccer
 - Baseball
 - Softball
 - Wrestling
 - Cross Country

ADDITIONAL OPPORTUNITIES

- Personal Training
- Small Group Training
 - (2 on 1, 3 on 1, 4 on 1)
- Team Training Discounts
- One-on-One MCA
- Throwers Evaluation
- Return to Sport
- Nutrition Counseling