

The Athletic Training and Exercise Physiology departments, along with the Athletic Republic program of CHI St. Alexius Health are proud to partner with SM STRENGTH in providing enhanced preventative, evaluative, rehabilitative and developmental practices that enhance our mission of making the student athlete's health and well-being a top priority.



Athletic Training has provided the student athletes of Light of Christ Catholic Schools with:

- Daily injury prevention
- Injury assessment
- Therapeutic intervention

Athletic Training oversees the Concussion Program at Light of Christ Catholic Schools with:

- Concussion base line testing
- Post-concussion care
- Safe return to play protocols

Enhancement of these traditional services are brought to SM STRENGTH by the inclusion of advanced evaluative and conditioning concepts and the collaboration of Light of Christ Catholic Schools Coaching staff with the staff of CHI Exercise Physiology and the Athletic Republic conditioning methods.

Enhancements to the 4 Pillars of SM STRENGTH will include:

Pillar 1 Prevention and Rehabilitation

- Allocated time within practices
- Focus on preventative conditioning and proprioceptive training
- Provided by the CHI Athletic Training Staff

Pillar 2 Evaluation and Analysis – Base line data will measure the athlete's strength, aerobic capacity, balance and agility, and musculoskeletal stability. This information will be used to identify issues that would lead to fatigue related or joint injuries. This information will also be used by the coaching staff in their development of conditioning and practice plans.



Pillar 3 Training & Performance

- Acquiring greater strength
- Emphasis on movement skills such as speed, agility, stability and symmetry
- Focus on Conditioning Efficiency or how well the athlete recovers.

Opportunities for further development of these parameters will be provided by participation in Athletic Republic training programs.

Pillar 4 Athletic Skill and Mastery – Mastery of any movement requires accurate repetition of the movement while progressively increasing the demand or complexity of the movement. Accurate and timely response to environmental variations imposed on the movement is seen as an increase in skill and mastery. This progression of skill mastery is built into the 4 pillars of SM STRENGTH and supplemented by the training methods available through the Athletic Republic training facility and protocols.



Join with SM STRENGTH and CHI St. Alexius in becoming a better student, athlete and member of our community.

All Athletic Republic training programs will be offered at a 35% discount off full retail price to all athletes who are actively participating in the SM Strength program.

For more information, call: (701) 530-8102.

Learn more at: chistalexiushealth.org/our-services/acceleration