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Science Tested Athletic Consulting



What is DRY-M?



*DRY-M is the most comprehensive, scientific
Dryland Strength and Performance Program for
Swimmers ever created*

The DRY-MEDLEY explained...

The most neglected and misguided aspect of any swimmer's career is Dryland Training. Many swimmers search for a personal trainer or a gym to help them increase their strength out of the pool. Many of these trainers and fitness centers do a great job, but they fail to fully understand the needs and concerns surrounding a swim season. This can lead to shoulder injuries, poor performance at practice, and failed tapers. In addition, most fail to create a safe and effective sports performance program based upon a comprehensive functional assessment of every athlete. Properly addressing weakness, imbalances, and flexibility is critical to any training program. Most personal trainers do not have the formal education in kinesiology, biomechanics, and physiology to complete a comprehensive functional assessment. The entire training routine should be based on a functional assessment. Re-evaluation is also critical as athletes move through the program. Only a skilled and educated professional can effectively create and monitor a science tested program like the DRY-M program. The DRY-MEDLEY is broken down into 3 main components:

FUNCTIONAL EVALUATION - Every athlete is assessed in terms of flexibility, movement patterns, imbalances, posture, and strength.

PREPARATION TRAINING - Learn exercise techniques, perform injury-preventive exercises, address specific weaknesses and flexibility issues, and begin to develop a performance program.

PERFORMANCE TRAINING - Build upon improvements in functional assessments, perform exercises in a safe progressive manner to improve performance and mental toughness.

DRY-M CREATOR, MATT ROGERS

Contact Us:

Limited availability for Spring/Summer
One-on-one and small group sessions (2-4)
Indoor Professional Facility
info@STATHCON.COM
516-398-1537

- Owner, STATHCON, LLC
- 16 years experience in Coaching and Personal Training
- NCSA Certified Strength and Conditioning Specialist
- ASCA Level 4 Certified Swim Coach
- B.S. Exercise Science
- G.C. Athletic Administration
- Speaker/Writer on topics such as sports nutrition and fitness