



BOOST Sports Performance is the perfect setting for developing the golf athlete. With emphasis in explosive power and strength, speed, agility, quickness and functional mobility and stability patterns, you'll take your game to the next level.

Train with intent, purpose and intensity. Train at BOOST.

Key Factors

- Total body mobility/stability
- Rotational power
- Upper & lower body strength & power
- Core & trunk strength & power
- Injury prevention

Program Course - The HOW

- Free Injury consultation - as an athlete affiliated with BOOST, we offer free injury consultations for any lingering or new issues you may encounter.
- Pre- and Post-Training Assessment - monitor progress from the day you walk in our doors until the day you complete your training.
- Strength combined with movement - ensures strength translates into specific movement, increased recruitment of muscles, relevant power development.
- Functional mobility and joint care - proper movement technique cannot exist without mobility/stability, aids in injury prevention
- Recovery/regeneration - we recover as hard as we train!

Expertise

BOOST Physical Therapy and Sports Performance is the only state-of-the-art elite training facility that offers an all-encompassing experience from physical therapy and injury prevention, to developmental programs and nutrition coaching for athletes looking to achieve an elite level. Over the years, we've rapidly established ourselves as the go-to consultant in this industry due to our philosophy of proactivity: building a strong foundation of movement quality and efficiency that ultimately prevents injury and in turn, increases playtime and productivity.

Here at BOOST, we understand that no two anatomies are alike. Beginning with an extensive, individualized movement assessment, each athlete is placed into a program unique to their needs and goals. Each phase of the program propels an athlete into the next level of their game, learning necessary technique and developing the explosive power, strength and mental capacities required to get on the course and stay healthy! You will see quantifiable progress once you enter our facility as we monitor growth along your BOOST journey through continuing quantifiable assessment.

Location

2105 Kara Court, Liberty Missouri 64068
816-407-1249 ext. 2

Summer Training Golf Programs at Boost

WHEN: Tuesday and Thursdays @ 4:00pm

COST: \$100.00 per month

CONTACT: Drake@boostkc.com