

SUCCESS STORIES



IAN

Collegiate football player utilized ADP to rehab foot injury and to prepare for NFL tryouts.

ISAIAH

Granite Bay High School attending University of Colorado on a full scholarship and All Conference.



ALEXA

A top 25 Volleyball player in the U.S.

CHIGOZIE

"This program prepared me immensely as an athlete for the UCLA football team!"



ARIANA

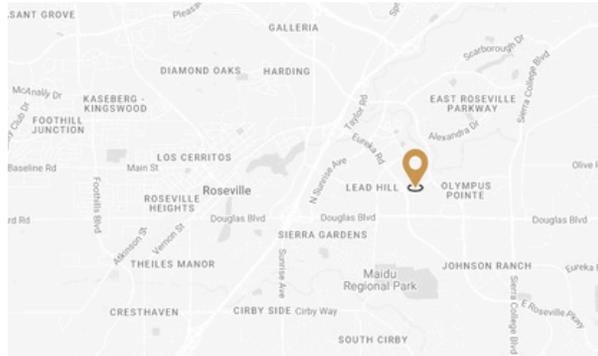
Committed to Rice University

ABOUT OUR FACILITY

Our center uniquely integrates outpatient physical therapy with comprehensive Wellness & Longevity programming, providing a seamless continuum from rehabilitation to performance and lifelong health. Our state-of-the-art facility delivers evidence-based care along with a myriad training options under one roof. Recognized as the #1 Wellness Center in the United States by the American College of Sports Medicine, we have proudly served the Roseville community since 2000, supporting individuals at every stage of health, fitness, and recovery.

Additional Services Include:

- Outpatient Physical Therapy
- Sports Performance & Strength Training
- Personal Training
- Parkinson's-Specific Programming
- Balance & Fall-Prevention Classes
- Wheelchair Fitness
- 12-Week VLA Program (Vitality, Longevity & Healthy Aging)
- Massage Therapy
- Senior Strength & Conditioning
- Youth Strength & Conditioning



ROSEVILLE HEALTH & WELLNESS CENTER

1650 Lead Hill Blvd.
Roseville CA 95661
(916) 677-1200

ATHLETIC DEVELOPMENT PROGRAM





ABOUT THE PROGRAM

No level of skill can replace athleticism. To compete with the speed, agility, and power displayed by elite athletes, a comprehensive strength and conditioning program is essential. Through ongoing assessments, instruction in proper technique, and high-intensity training, athletes are equipped to rise above the competition by developing greater athleticism on the court or field while reducing injury risk.

ANDREW LYDA, BS, CSCS, CPT, CERTIFIED SPEED & AGILITY COACH

As a two-sport collegiate athlete, I developed a passion for strength and conditioning at a young age. After facing repeated injuries, my desire to help athletes overcome the challenges I once faced has only grown. My experience working with youth, high school, and collegiate athletes prepared me to design individualized training programs that produce measurable results. My love for athletics drives me to continually evolve as a coach, staying current with performance science and refining my ability to lead effectively.

KIRSTIE STRELO, DPT, OCS, CSCS

Kirstie is a Doctor of Physical Therapy and board-certified Orthopedic Clinical Specialist specializing in athlete rehabilitation and return-to-sport performance. Kirstie integrates evidence-based physical therapy with strength and conditioning principles to guide athletes from injury back to peak performance.



YOUTH

Exposure to a variety of movement patterns is essential for developing coordination and sound technique at a young age. Training the nervous system to build strength and explosiveness further prepares young athletes to compete at the next level.



HIGH SCHOOL

High school athletes need training that matches the increasing physical demands of their sport. Emphasizing hypertrophy, strength, power, and tendon stiffness builds the size, force, and durability required to compete at higher levels.



COLLEGIATE+

Due to the experience collegiate and professional athletes possess, the adaptations from generalized training begin to diminish. A carefully structured program targets specific weaknesses to drive continued progress at the highest level.

ATHLETIC DEVELOPMENT CLASS

- Monthly Assessments
- Periodized Programming
- Injury Rehab and Prehab
- Emphasis on Proper Technique
- Speed and Agility Development

PRIVATE & SEMI-PRIVATE TRAINING

- Advanced assessments to track progress
- Creation of athlete profiles to highlight strengths and weaknesses
- Personalized programming based the specific needs of the athlete
- Analysis of the athlete's training schedule to assist with load management

CLASS PRICING

Athletic Development Class

2x weekly: \$250 per month

3x weekly: \$325 per month

Drop In: \$40 per person

Semi - Private Training

2 athletes: \$75 per person

3 athletes: \$60 per person

Private Training

\$120 per session

