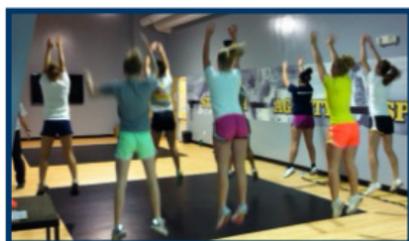
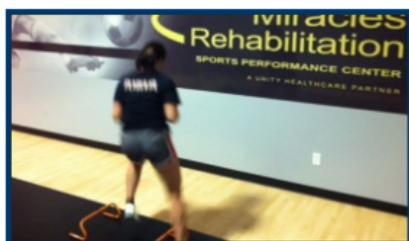


POWER *Speed* **Strength**
flexibility **Agility** *Quickness*

Failing to Prepare is Preparing to Fail

What is Sports Performance Training?

Whether your goal is to earn a college scholarship, make the varsity team, or just improve the way that you move and feel, the Miracles Rehabilitation Sports Performance Program assists athletes of all abilities in maximizing their athletic potential while also decreasing the risk of injury. We combine years of experience training athletes along with an expertise in the biomechanics of sports movement to provide you with the tools necessary to be successful in your chosen sport. During each Sports Performance training session you will be coached through drills and exercises to help you improve your power, strength, speed, agility, and mobility/flexibility. Let us help you Prepare to Perform!



LAFAYETTE / WEST LAFAYETTE

Miracles Rehabilitation

SPORTS PERFORMANCE CENTER

A UNITY HEALTHCARE PARTNER

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www.miraclesrehab.com

About Our Director

Will Mieding, M.S., CSCS, USAW, Sports Performance Director



Will Mieding hails from Wisconsin where as a youth he participated in football, track, rugby, and wrestling. He gained his Bachelors Degree in Physical Education from the University of Wisconsin - Platteville. Following graduation, Will attended the Florida Atlantic University where he received his Masters Degree in Exercise Physiology with an emphasis in Strength and Conditioning.

During Graduate school, Will interned at Perfect Competition in Davie, FL as a Strength Coach. While there he gained tremendous experience training athletes of varying levels from 7 years old to current professional athletes. After interning he then joined the Tampa Devil Rays as a Strength and Conditioning Coach for their Double A Team and was a key member of their staff that went on to win the 2007 Southern League Championship. Since then Will has worked in the high school and collegiate strength and conditioning setting, as well as the private sector.

With a degree in Exercise Science and a background in sports nutrition as well as 10 years experience in the strength and conditioning field, he has the knowledge and experience needed to train athletes at a high level. He combines this knowledge and experience to help his clients achieve their full potential while maximizing sports performance and reducing injury. He enjoys training all levels of athletes and his goal is to have the best sports performance center in the area.

***Call today to schedule your
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Performance Evaluation!!***

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765.807.2773***