



# Youth Athletic Development

**Dr. Tom Sutton**  
**PT, DPT, CSCS, HFI**  
**Director of Performance**  
**Physical Therapy and**  
**Human Performance Lab.**

**Dennis Rees**  
**BS Kinesiology & Applied**  
**Exercise Physiology**  
**NSCA Certified**  
**Athletic Development**  
**Coach**

- **Balance**
- **Rhythm**
- **Spatial Orientation**
- **Reaction Time to Visual & Auditory Stimulus**
- **Flexibility**
- **Strength**
- **Cardio Endurance**
- **Body Control**
- **Multi-Directional Movement**
- **Sports Education**
- **Nutrition**
- **First Aid**
- **Basic Anatomy**
- **Injury Prevention**

**Coordination training and body awareness is introduced at TEKTONIC during pre-adolescent ages while nervous system plasticity (the nervous system's ability to learn new skills easily) is high and movement habits have not yet been ingrained as permanent. Coordination is best developed between the ages of 7 to 14, with the most crucial period being between 10 to 13 years of age.**



**Our athletes are trained to develop a variety of motor skills that ensure both future athletic success and injury prevention. The program involves a series of sessions that involve multi-tiered drill sequences that progress skills performed with good spatial awareness but with low speeds, to skills performed at increased speeds and in a constantly changing environment.**

**The program was developed and is supervised by Dr. Tom Sutton one of the few vestibular trained physical therapists in the country. Dr. Sutton's experience as a Clinical Doctor of Physical Therapy along with his background as Senior Director of the YMCA and NASA fitness centers makes him uniquely qualified to develop young athletes.**

**Our program is 12 weeks in duration with 3 sessions per week evenings and Saturdays. The cost is \$20 per session.**

**Sessions begin July 14th**

**Contact TEKTONIC for registration information**

**281-907-4200**

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**Spring, TX 77380**  
**281-907-4200**

**TektonicSports.com**