



FOR IMMEDIATE RELEASE

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Contact: Maureen Falcon
553-9424 (office)
990-5631 (mobile)

Alegent Health Partners with Mercy High School to Provide Sportsmetrics™
Program Improves Overall strength and Balance in Female Athletes

OMAHA, Neb.—Each year, one in 100 female high school athletes will be sidelined by a serious knee injury. Many of these injuries occur in a non-contact way such as pivoting, cutting or jumping in sports like soccer, basketball, and volleyball. The Alegent Health Sports Medicine Program is combating this issue by partnering with Mercy High School to pilot the new Sportsmetrics™ training program for soccer athletes. Sportsmetrics™ is a scientifically proven, six-week jump training program that incorporates proper stretching, special plyometric exercises, speed and agility training and strength training.

“The Sportsmetrics™ program will really help these girls develop into better, stronger athletes with good technique, fewer injuries and overall improved performance”, said Brian Conroy, M.D., an orthopedic surgeon with Alegent Health.

Sportsmetrics™ is the first training program scientifically proven to decrease serious knee ligament injuries in female athletes. With Anterior Cruciate Ligament, or ACL, injury rates are up to five times higher in female athletes than in male athletes. Sportsmetrics™ training focuses on developing lower extremity strength and decreasing muscular imbalances. Through specialized progression of jump drills, the athletes will learn proper techniques for jumping and landing, increase their overall leg strength, improve the symmetry of right to left leg power and improve their vertical jump.

Twenty-four soccer athletes from Mercy High School will take part in this six-week training program. Alegent Health trainers will work with the females on their speed and agility three days a week for an hour-and-one-half. On alternating days, the girls will do 30 minutes of strength training. The Alegent Health Sports Medicine Program decided to partner with Mercy due to the school's size, quality and dedication to quality student athletic programs

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Alegent Health is the largest not-for-profit, faith-based healthcare system in Nebraska and southwestern Iowa with nine acute care hospitals, more than 100 sites of service, over 1,200 physicians on its medical staff and roughly 8,500 employees. Alegent Health is making healthcare better with an exceptional commitment to quality and by providing patient focused care for the body, mind and spirit of every person. At Alegent Health, patients and their families find a continuum of care, from women's and children's services, primary care, wellness counseling, and senior care to cardiovascular services, orthopaedics, oncology, physical rehabilitation and behavioral health. Alegent Health is sponsored by Catholic Health Initiatives and Immanuel Health Systems.

Mercy High School

Mercy High School is a Catholic educational community sponsored by the Sisters of Mercy and rooted in the conviction that education is a process of leading human beings to use their academic and creative talents to contribute to a more just, loving, and hopeful world. Mercy High School ministers to young women as they learn to express their faithfulness to the ideals of Jesus through faith, knowledge, and compassionate service. The challenge to students is not only spiritual, but also intellectual and aesthetic; it is not only personal, but also interpersonal and multicultural, embracing societal and global concerns. A liberal arts curriculum provides opportunities for students to realize their individual potential and leadership through academic excellence that promotes lifelong learning, and prepares them for further academic study or immediate employment.

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