

FOR IMMEDIATE RELEASE

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Cutting-edge coaching and sports medicine part of winning game plan for Fishers High athletes

CARMEL, Ind. – High school athletes today are bigger, faster and stronger than in years past. So now more than ever, it takes cutting-edge training and sports-medicine services to help these student-athletes improve performance and prevent injuries.

[Clarian Sports Performance](#) and [Methodist Sports Medicine / The Orthopedic Specialists](#) have teamed up to provide just such instruction and care for the Fishers High School athletics department. Clarian Sports Performance's Randy Wheeler, a certified strength and conditioning specialist through the National Strength and Conditioning Association, develops the school's training programs. Bruce Willard of Methodist Sports Medicine / The Orthopedic Specialists is the school's certified athletic trainer. Thomas Klootwyk, MD, and Jonathan Smerek, MD, both of Methodist Sports Medicine / The Orthopedic Specialists, serve as the Fishers team physicians.

"The addition of strength coach Randy Wheeler combined with the expertise of athletic trainer Bruce Willard allows Fishers athletes access to the complete medical model," said Dr. Klootwyk of Methodist Sports Medicine / The Orthopedic Specialists. "From orthopedic medicine, athletic training to sports performance strength and conditioning, it adds up to a complete recovery from injury and translates into elevated performance on the field." Methodist Sports Medicine provides sports medicine services to 26 area high schools, six colleges and the Indianapolis Colts.

"Randy has unified our strength program at Fishers High School. Before we had Randy, every sport was kind of doing its own thing," said Rick Wimmer, Fishers football coach. "He has gotten all of our sports on a base program that all the kids need."

The Fishers program includes exercises to improve core strength, flexibility, movement and speed. Wheeler, who joined the Fishers coaching staff in January 2010, also customizes training for each particular sport to help athletes reach their potential. His approach emphasizes strength, power, overall athletic development as well as proper nutrition.

Such expertise contributes to success on the field and court. Fishers High School, in just its fifth year of existence, climbed to the top of Indiana high school football with a 38-19 win over Lawrence Central in the Class 5A title game in November at Lucas Oil

Stadium. The school's girls volleyball team also enjoyed great success, posting 30 wins and just 5 losses including a sectional and regional championship.

Wheeler provided tips for working with young athletes:

- **Look for imbalances in training.** Some athletes tend to focus on traditional exercises such as the bench press or bicep curls. But for every pushing movement, there should be a pulling movement to create balance and help prevent injury. For example, an athlete with strong quadriceps but weak hamstrings could be more susceptible to overuse injuries or hamstring injuries.
- **Don't neglect the mental game.** Attitude is tied to physical performance. Discuss the concept of not being over-hyped or under-hyped, but instead finding the perfect zone that allows them to focus and give their best performance.

For more information or to schedule interviews about training young athletes call Daniel Lee of Clarian Health at (317) 963-0448 or, for Methodist Sports Medicine, call Dick Rea at (317) 571-8204 or Jennifer Garber at (704) 552-6565.

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About Clarian Health As a preeminent leader in clinical care, education, research and service, Clarian Health is Indiana's most comprehensive academic health center and one of the busiest hospital systems in the United States. Based in Indianapolis, Clarian owns or is affiliated with [multiple hospitals and health centers](#) throughout the state and maintains a strong partnership with the Indiana University School of Medicine—the nation's second largest medical school and a global leader in medical education and research. Learn more at www.clarian.org.

About Clarian Human Motion

[Clarian Human Motion](#), Indiana's only orthopedic program to be ranked in "America's Best Hospitals" by *U.S. News and World Report*, provides comprehensive joint, bone, spine and muscle care for adult and pediatric patients. From treatment through rehabilitation, our goal is to get patients back to their normal activities as quickly and safely as possible. For more information about or the Clarian Human Motion program go to www.clarian.org.

About Clarian Sports Performance

As a part of Clarian Human Motion program, [Clarian Sports Performance](#) provides cutting-edge performance training for athletes of all skill levels and ages. Located in Carmel, Clarian Sports Performance offers athletes an integrated approach including performance training to help athletes maximize speed, power, agility and flexibility while reducing the risk of sports-related injuries. It also offer adult fitness classes, including boot camp, cross-fit, Pilates and weight-loss classes.

About Methodist Sports Medicine / The Orthopedic Specialists

[Methodist Sports Medicine / The Orthopedic Specialists](#), a Clarian Human Motion Partner, is Central Indiana's premier provider of comprehensive orthopedic services and has built its reputation on excellence in orthopedics and sports medicine for more than 20 years. Official team physicians for many high schools, college and professional teams, including the NFL's Indianapolis Colts, 100 percent of the group's orthopedic surgeons are fellowship trained, board certified and leaders in new technologies, procedures and research.