



$$\frac{\sum_{A=1,2}^4 \frac{P_A^r}{r_A}}{\epsilon^6 \left[ -2 \sum_{A=1,2} \frac{m_A}{r_A} \{ (\vec{n}_A \cdot \vec{v}_A)^2 - v_A^2 \} + 2 \frac{m_1 m_2}{r_{12}^2} \vec{n}_{12} \cdot (\vec{n}_1 - \vec{n}_2) + 7 \sum_{A=1,2} \frac{m_A^2}{r_A^2} + 14 \frac{m_1 m_2}{r_1 r_2} - 14 \frac{m_1 m_2}{r_{12}} \sum_{A=1,2} \frac{1}{r_A} \right] + \mathcal{O}(\epsilon^7)} \quad (130)$$

 **DEFINING SPORTS PERFORMANCE >>>**

THE SPIRIT OF CARING®

 *St. Vincent  
Sports Performance*

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 *DEFINING SPORTS PERFORMANCE >>>*



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## NBA Performance Training

St. Vincent Sports Performance has been helping athletes turn scouts' heads in the NBA Summer League and preseason training since 2002. By combining on-court skills development led by nationally renowned coach, Ed Schilling, with intensive training and treatment, nutritional education, and sports psychology, this comprehensive program gives players a competitive edge, helping them elevate their preseason performance and their draft status.

### On-Court Skill Development:

- > Ball Handling
- > Footwork
- > One-On-One Offense
- > Passing
- > Transitions
- > Rebounding
- > Free Throw Shooting
- > Shooting From the Field
- > Defense

### Average Training Improvements:

- > 3-Step Vertical Jump: 2.75 inches
- > ¼ Court Sprint: .26 seconds
- > NBA Lane Agility Drill: .41 seconds

### RECENT ALUMNI:

MARIO CHALMERS – *Miami Heat* • CARL LANDRY – *Houston Rockets* • JEFF TEAGUE – *Atlanta Hawks*  
DAEQUAN COOK – *Miami Heat* • MIKE CONLEY JR. – *Memphis Grizzlies* • GREG ODEN – *Portland Trailblazers*  
RODNEY CARNEY – *Philadelphia 76ers* • JAMES SINGLETON – *Dallas Mavericks* • JARRETT JACK – *Toronto Raptors*  
JOSH MCROBERTS – *Indiana Pacers* • MARCUS LANDRY – *New York Knicks*

*"One of the greatest needs in the game of basketball today is skill development. Ed Schilling has the proven ability to make players at the NBA level better. He is special!"*

> Larry Brown, NBA Champion Head Coach

DEFINING SPORTS PERFORMANCE >>>

# per-for-mance (*per-fôr'mens*) noun.

the accomplishment of an important action

**We bring new meaning to 'maximum potential.'**

Some believe an athlete's peak performance is limited. Others dream of new, innovative ways to push the boundaries of what the human body can achieve.

St.Vincent Sports Performance first put this dream to the test in 1987, combining the latest in sports medicine with state-of-the-art human performance technology. Today, it's no longer a dream, but a reality – a science of sports performance as defined by St.Vincent. The athletes we serve live this dream daily, reaching new heights of strength, agility, balance, endurance, and speed.





DEFINING SPORTS PERFORMANCE >>>

## service (sur-vis) noun.

the performance of work for another

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### No two athletes are the same.

That's why St. Vincent Sports Performance provides every client with a unique service experience. Using our Elite Service PROcess<sup>SM</sup>, we create a comprehensive performance program that's tailored to each athlete's individual needs.

Max Performance Matrix<sup>TM</sup> is the cornerstone of the program. It's a customized series of 29 screening tests that evaluate the body's muscular balance, strength, speed, flexibility, explosiveness, and other key functions. With the results of these tests, we create a program designed to eliminate clients' physical and mental barriers, maximize performance capabilities, and address sport-specific issues.



DEFINING SPORTS PERFORMANCE >>>

## e-lite (*i-lēt'*) noun.

the best or most powerful

**Judge us by the company we keep.**

Our clients represent the elite of international sports. They compete in the NFL, NBA, Olympics, Indy 500, NCAA Division I competition, and more.

They've collected Olympic Gold Medals, Super Bowl rings, league-wide awards, and stood in the world's stage of winner's circles.

They've traveled from every corner of the country and all around the world to train with St.Vincent. In turn, we've taken our services to six different continents in the name of elite competition.

$$\sum_{A=1,2} \frac{P_A^T}{\tau_A}$$

$$\epsilon^6 \left[ -2 \sum_{A=1,2} \frac{m_A}{\tau_A} \right]$$

$$+ 7 \sum_{A=1,2} \frac{m_A}{\tau_A}$$

$$\sum \frac{m_{AV^i} v_A^j}{\tau_A}$$



DEFINING SPORTS PERFORMANCE >>>

# ex-pe-ri-ence (ik-speer-ee-uhns) verb.

the acquisition of knowledge or skill

## Talented athletes deserve talented professionals.

At St.Vincent Sports Performance, our 100-strong team of athletic and medical experts strive to fulfill one mission: To help our clients exceed their goals.

Defining Sports Performance requires the expertise of professionals from a vast range of disciplines. Physicians, surgeons, psychologists, athletic trainers, strength and conditioning coaches, physical therapists, sports dietitians, rehabilitation specialists and others come together for our clients, addressing all issues of body and mind.



DEFINING SPORTS PERFORMANCE >>>

## spir-it (*spir-it*) noun.

real meaning; important influence

**Our business philosophy isn't about business. It's about people.**

St.Vincent Sports Performance is part of Ascension Health, the largest Catholic healthcare system in America.

That association reminds us that our service isn't just about sports performance and medicine; it's also about caring, communication, and compassion. To us, clients aren't just numbers, but people with unique needs. That's why our core values – service, creativity, reverence, integrity, dedication and wisdom – are so important. While we value statistics and data, we value people above all else.



DEFINING SPORTS PERFORMANCE >>>

# con-tact (*kon-takt*) noun.

somebody who can help

**There's only one way to get started.**

Let us help you define your unique sports performance needs.  
Contact us today.

St.Vincent Sports Performance  
8227 Northwest Boulevard, Suite 160  
Indianapolis, IN 46278

**317.415.5727**

[info@DefiningSportsPerformance.com](mailto:info@DefiningSportsPerformance.com)

[DefiningSportsPerformance.com](http://DefiningSportsPerformance.com)



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