



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**



## THE ULTIMATE GOAL

“The ultimate goal of youth participation in sports should be to promote lifelong physical activity, recreation, and skills of healthy competition that can be used in all facets of future endeavors.” Joel S. Brenner, MD, MPH, Council on Sports Medicine and Fitness.

### What is THE ULTIMATE GOAL?

THE ULTIMATE GOAL (“the Goal”) is a collaboration between the YMCA of Northwest Louisiana and Shreveport Physical Therapy and Sports Medicine to create all-around healthier young athletes, not just in body, but in mind and spirit, and to carry that health with them throughout their lives. During The Goal, athletes meet with our team of physical therapists and coaches twice a week for three months. Exercises, training, and education progress at a controlled rate throughout the program. Because training needs, education, and assessments vary depending on age, sex, and sport(s), athletes are grouped accordingly. Each athlete will receive a functional movement and biomechanical assessment prior to starting the program. Assessments are then performed each month. Objective measurements and assessments will allow both parent and participant to monitor improvements throughout the program. Upon completion of our Level 1 program, athletes are allowed to progress to the next level.

### What makes THE ULTIMATE GOAL different?

While our goals are to create stronger, faster, and more agile athletes, our ULTIMATE GOAL is to create all-around healthier athletes. We don’t believe that more training is needed—we believe that smarter, more functional training is needed. We don’t believe that young athletes should do more of the same, repetitive movements, we believe that young athletes should do more movements to combat muscle imbalances and overuse injuries.

**QUESTIONS/  
MORE INFORMATION:**  
**Misty Alexander**  
Wellness Director  
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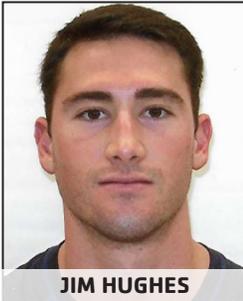
**Meet THE ULTIMATE GOAL Team >>>**



## Meet THE ULTIMATE GOAL Team:

### Jim Hughes, MD, CPT

Jim Hughes is from Clearwater, Florida. He has a bachelor's degree in Health Sciences from University of Florida and received his Doctor of Medicine from Florida State University. His certifications consist of CrossFit Level 1, ACSM Certified Personal Trainer, BLS, ATLS, ACLS, and PALS. In 2010, Jim had total rehabilitation after a catastrophic herniated disc injury. He understands the frustrations and hard work that it takes to come back from a major injury



JIM HUGHES

### Scott LeBlanc, DPT

- Doctor of Physical Therapy, LSU School of Allied Health, Shreveport, LA | 2015
- B.S. Kinesiology, LSU, Baton Rouge, LA | 2009
- Functional Dry Needling Certified (FDN) | 2017
- Joined SPT in 2017



SCOTT LEBLANC

### Shannon Mikucki

Shannon Mikucki hails from Leesville, Louisiana. She attended Northwestern State University, and obtained a bachelor's degree in Health and Exercise Science. She also has an associate's degree in Occupational Therapy from BPCC, and is an adjunct instructor there for its Occupational Therapy program. Shannon is a L1 CrossFit trainer, certified in Vestibular Rehabilitation, and is CPR and First Aid certified. She also owns Orange Leaf yogurt shop in Shreveport, some come by and see her after a workout!



SHANNON MIKUCKI

### Lori Panu, MPH

Lori Panu has been an Instructor at the YMCA for 5 years. She coaches CrossFit, weightlifting, TRX, and chair yoga. She is a public health professional and local small business owner of Be the Light Fitness, LLC, coaching one-on-one training sessions focusing on developing strength and confidence in movement and promotion of healthy living.



LORI PANU

### Richard Tubre, PT, OCS

- Master in Physical Therapy LSUHSC, Shreveport, LA | 2001
- B.S. Biology Louisiana Tech University, Ruston, LA | 1998
- Board Certified Specialist in Orthopedics (OCS) | 2005 to Present
- Functional Dry Needling Certified (FDN) | Kinetacore | 2012



RICHARD TUBRE

*We believe that all young athletes should have access to top-notch coaches and trainers, no matter their race, religion, family's income or socioeconomic status. Financial assistance is available to anyone based on family income, household size, and the availability of YMCA funds. Assistance is provided on a fair and open basis, in accordance with our donor's wishes. Financial Assistance is provided on a first-come, first-served basis. Financial Assistance Applications can be found at the front desk of either Y location or online at [www.ymcanwla.org/join/financial-assistance/](http://www.ymcanwla.org/join/financial-assistance/).*