



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

# THE ULTIMATE GOAL

## Level One and Level Two

"An ounce of prevention is worth a pound of cure."  
- Benjamin Franklin



### 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.

### What makes THE ULTIMATE GOAL different?

ULTIMATE GOAL is designed to strengthen the core and joint muscles. It will improve flexibility, speed, agility, and explosiveness. It also strengthens the body to help improve technique and prevent injuries that plague our youth sports because the "more is better" mentality is hurting our young athletes. American Medical Society for Sports Medicine (AMSSM) an estimated 27 million children between ages 6 – 18 participate in team sports, while 60 million children participate in some form of organized athletics (44 million in more than one sport). Overuse injuries are estimated at approximately 46% across all sports, with lower incidence in sports such as skiing (37%) and higher incidence in sports such as running (68%). These numbers are attention getters, but even more important to note is that many experts believe these injuries are underestimated in the literature based on how "injury" is defined. Approximately 50 percent of overuse injuries in children and adolescents are preventable.

Level One class of 2018, twelve-week results based on a scale of 1-3, 3 being the best:

- On overhead squat, athletes improved at least one point or more
- On trunk stability, athletes improved at least one point or more
- On flexibility some improved up to six inches
- 10 yard shuttle run speed improved up to 1.35 seconds and 25 yard sprint improved up to .25 seconds
- Explosiveness tested by the broad jump improved up to 6 inches

### QUESTIONS/ MORE INFORMATION:

**Misty Alexander**

Wellness Director, YMCA of NWLA  
318-674-9635 | MistyA@ymcanwla.org

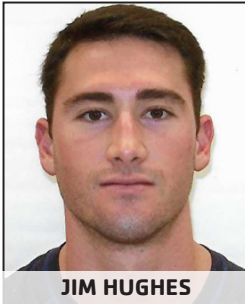
**Meet THE ULTIMATE GOAL Team >>>**



## Meet THE ULTIMATE GOAL Team:

### Jim Hughes, MD, CPT

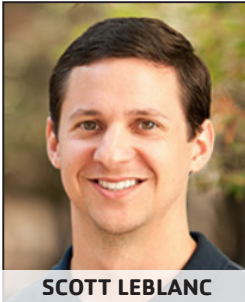
Jim Hughes is from Clearwater, Florida. He has a bachelor's degree in Health Sciences from University of Florida and received his Doctor of Medicine from Florida State University. His certifications consist of CrossFit Level 1, ACSM Certified Personal Trainer, BLS, ATLS, ACLS, and PALS. In 2010, Jim 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/).*