



## HammerBodies HSP

(a div. of HammerBodies Custom Fitness)

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## HAMMERBODIES HSP ATHLETE PROFILE

### Maureen G.: From Top to Bottom – And Back Again

Kicking in the winning goal, as a freshman, with just minutes left to seal a state soccer championship – it doesn't get much better than that. And that's exactly what happened to Maureen G. Her future seemed brighter than ever, until just one year later when her soccer career seemed in jeopardy.



Maureen had developed a rare jaw disease, and between her sophomore and junior years was forced to undergo a major surgery so rare, she had to travel from St. Louis to Florida to have it done. During recovery, nothing but liquids could be consumed (for over six months). Plus, playing soccer in the short-term was out of the question, and long-term a major risk. Any physical contact to the head or jaw area could cause severe repercussions.

With an inability to train on the field with her team, Maureen turned to HammerBodies HSP (sports performance div. of HammerBodies Custom Fitness) to design and implement a customized training program that would not only maintain, but increase her performance level during recovery. If she wanted to perform at top level once again in the upcoming season, being physically prepared would be essential.



Jeff Huse, clinic director and lead exercise prescription specialist, designed Maureen's program. A complex formula of both soccer-specific and overall athletic enhancement movements were prescribed that included speed work, agility, explosion and strength training. Under the careful guidance of university-degreed and certified training specialist Bart Emmett, Maureen trained religiously three days a week at the HammerBodies clinic to ensure she would be ready for day one of training camp.

But Maureen had another problem. With an inability to consume anything but liquids, she had to be very careful to get enough nutrients to support strength, size and energy level during this intense period of training. Again she turned to HammerBodies HSP, this time to Jaime Rothermich, registered/licensed dietitian and director of nutrition. Rothermich designed a strategic meal plan of shakes and smoothies specific to Maureen's goals and training regiment. Maureen followed the plan for over six months, at which time adjustments were made as she transitioned back to semi-solid and solid foods.

It was an off-season that required major dedication, commitment and a combination of mental and physical toughness – but because of an unmatched drive to perform, and a resource such as HammerBodies HSP to guide her training, Maureen arrived at spring soccer tryouts in tremendous game-shape condition. But it didn't stop there. Maureen went on to have her best season yet capturing 12 goals, 27 points and yes, another state championship – her second in three years.