

FOR IMMEDIATE RELEASE:

August 18, 2016

**Madelia Community Hospital & Clinic Wraps Up
Lake Crystal Strength & Conditioning Clinic**

MADELIA, Minn. — The Madelia Community Hospital & Clinic offered a Strength & Conditioning Clinic for student athletes at the Lake Crystal Wellcome Memorial High School this summer. The clinic's purpose was to improve each athlete's speed, agility, strength, power, and conditioning levels; but also to reduce the potential for injuries in the upcoming athletic seasons.

The eight-week long camp was held Mondays, Wednesdays, and Thursdays from 8 to 10 a.m. starting June 13th and ending on August 11th. The athletes frequently used the track, gym, and weight room at the Lake Crystal Wellcome Memorial High School for their training. Nearly fifty student athletes in grades 7 through 12 registered for the program. Jim Hitchcock, MPT, ATC from Madelia Community Hospital & Clinic, presented the program with assistance from several local college interns: Ashlie Wiens, Megan Lee, Cam Thomas, Adam Cooling, and Zach Pavlichek.

"The athletes worked hard and made large changes in just eight weeks," said Hitchcock. "Each should notice a difference in their abilities this season. We would like to expand the program to other communities in the future."

In addition to the Strength and Conditioning Clinic, the Madelia Community Hospital & Clinic offers physical therapy for all ages at the Lake Crystal Area Recreation Center and at their Madelia location. Call 507.642.5211 to schedule an appointment in either of these locations.

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About Madelia Community Hospital & Clinic

Madelia Community Hospital & Clinic is an independent, nonprofit facility staffed by a team of physicians and medical professionals that is profoundly committed to providing health care of the highest standards to Madelia and surrounding communities. As a 25-bed acute care hospital, we offer all the primary health services, such as medical/surgical, pediatric, emergency care and more. In 2011, we expanded our services to include a family medical clinic, which provides adolescent health, geriatric health, men's health, newborn health, pediatric health, preventative medicine and women's health. Over the years, we have proactively responded to the changing demands within the health care system, which has ensured our ability to deliver up-to-date medical services, purchase advanced medical equipment, and provide complete and compassionate care to all who enter our facility.



Pictured from left to right, front row: Sarah Sickler, Reese Goeringer, TJ Stewig, Rachel Sickler, Lauren Stordahl, Lauren Kuebler, Ava Snow, Lilly Graupman, Ean Gilman, Camden Ludeman, and Kolin Davis. Middle row: Riley Stordahl, Abbie Welsch, Clara Gilman, Brittany Kelley, Paige Sittig, Kierra Wilson, Lilly Snow, Logan Sullivan, Logan Bode, Connor Saucier, Cade Maurer, Ethan Snow, Ben Graupman, Sander Ludeman. Back row: Dawson Knutson-Bunde, Kyle Allen, Mac Graupman, Max Ralston, Jake Romehildt, Logan Stock, Landon Lantz, Nich Nachreiner, Garret Gilman, Tucker Grant, Jake Ebagary, Carter Graham, Evan Bergemann, Carter Klause, and Blake Stenzel.