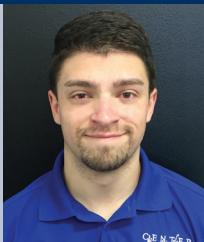


PERFORMANCE TRAINING AT



SPORTS THERAPY



**Dan Hanson,
USAW-L1SP**

**C4 Sports
Performance
Coach**

C4 Sports Performance Training is designed with the athlete in mind. Our purpose is rooted in evidence-based and age appropriate training principles.

Dan Hanson, USAW-L1SP earned his Bachelor of Science in Health & Exercise Science with a focus in Sports Medicine from Colorado State University. Upon moving to Chattanooga, he was a personal trainer and sports performance coach. Prior to joining C4, he was employed by the McCallie School as an Assistant Strength & Conditioning Coach and Assistant Basketball Coach. While there he became certified as a Level 1 Sports Performance Coach through USA Weightlifting, and is a current member of the NSCA. Dan joined C4 in 2018.

C4 Sports Therapy
6401 Lee Highway
Suite 109
Chattanooga, TN

Open Monday-Friday
8AM - 5PM



To schedule a session with Dan, call

(423) 713-5639

PERFORMANCE TRAINING AT



C4 offers Performance Training with state-of-the-art equipment, 25 yard turf field, and a highly qualified Sports Performance Coach. Our training philosophy focuses to develop strength, speed, power, agility, and endurance in people with active lifestyles from middle school through adulthood.

Our specialty offerings include:

- Small Group Sports Performance Training
 - Youth (grades 6-8, 11+ years old)
 - Prep (grades 9-12)
 - Elite (collegiate/professional)
- Post Rehab Performance Training
- Small Group Adult Fitness
- 1 on 1 Private Training (Middle School - Adult)
- Injury Risk Screening
- Athlete Monitoring
- Return to Sport Testing
- Functional Movement Screening



C4 offers strength-based training designed to help athletes reach their maximum level of performance. Our small group training allows the Sports Performance Coach to center specific attention around the athlete's needs.

*Please note that due to STARK Law patients with Federal Insurance such as Medicare and TriCare cannot be seen at this location.