

February 21, 2007, Philadelphia, PA - Former Philadelphia Eagles Wide Receiver Mike Quick Takes Flight With Area Sports Performance Center and Orthopaedic Group

Eagles fans remember 5 time pro-bowler Mike Quick's exciting play on the field during the 1980s. New generations of Eagles fans have come to know him as an analyst on game days alongside Merrill Reese's play by play.

Now athletes in southern New Jersey will get a chance to know Mr. Quick on a much more personal level. The former Eagle has recently acquired a share in Velocity Sports Performance.

Based locally in Cherry Hill, NJ, Velocity Sports Performance serves as the training ground for all types of athletes. From ages 7 and up to players in the professional ranks, Velocity Sports Performance seeks to give their clients a competitive advantage by improving their total athletic performance. Velocity Sports Performance's staff of degreed and certified coaches implement programs designed by world-renowned speed coach Loren Seagrave, which focus on increasing an athletes' speed, power, and agility in a small group setting.

"Our goal is to help athletes of all ages and abilities," said Quick, "to reach their full athletic potential and reduce the likeliness of athletic injuries." Quick has seen many a gridiron teammate and foe alike get sidelined and never fully return from an injury. "A place like Velocity is aiming to prepare athletes both physically and mentally to know what their body can do in competition and in training." Quick went on to say that he, "came on board at Velocity Sports Performance to teach the many aspects of improving performance." He goes on to say, "I am a big believer in teaching proper techniques to athletes. If you train the right way, results show. Especially for the younger kids, instilling a proper foundation on how to train is everything."

Supported by the leading area orthopaedic practice Rothman Institute, physicians and dietitians join the strength and conditioning coaches at Velocity Sports Performance to give an athlete a unique and well rounded training experience. The care provided by physicians at the Rothman Institute has been locally and world renowned since 1970. Currently, the Rothman Institute provides team medical coverage to the Phillies and Eagles as well as a number of local colleges and high schools. The partnership between Velocity Sports Performance and the Rothman Institute will seek to establish a multi-faceted sports center where everything from performance training, dietary well being, and injury prevention and recovery take place. This relationship reflects the commitment by both organizations to provide local athletes with the highest quality of care.

Owner of Velocity, Rich Sharpnack stated that, "having Mike and the Rothman Institute aboard will be proof to all of our clients that a focus on fitness year round plus knowledge of how to best prevent injuries in competition are the keys to success to reach your athletic goals."

The Rothman Institute, established in 1970 by founder, Richard H. Rothman, PhD, MD is the region's premier provider of orthopaedic care. With over 40 physicians, a dedicated staff and 7 locations, the Rothman Institute serves the Delaware Valley and surrounding areas by offering world-class expertise in virtually every orthopaedic specialty including; joints, spine, sports medicine, shoulder and elbow, foot and ankle, hand, physical medicine and rehabilitation, as well as rheumatology. The Rothman Institute also offers on site MRI, physical therapy, DXA scans, orthotics and a new health and wellness program. For more information about Rothman Institute physicians as well as the various services the Rothman Institute offers, please visit www.rothmaninstitute.com or call 1-800-321-9999.

Velocity Sports Performance, established in 1998 by internationally-recognized coach Loren Seagrave, is a national franchise with over 73 locations currently operating throughout the country. Franchise owners Richard Sharpnack, Jr., ATC, OTC and Cary Huggard, M.ED, ATC, CSCS opened Velocity Sports Performance of Cherry Hill on January 8, 2004 with one goal in mind "to help

all athletes reach their full athletic potential and reduce the likeliness of athletic injuries". They have established a diverse staff, which includes professional, degreed and certified coaches dedicated to improving speed, power, and agility for all types of athletes. For more information about Velocity Sports Performance, please visit www.velocitysp.com/cherryhill or call (856) 874-9700.