



IRG Sports Performance and Athletic Training Mobile Clinic

With the region's largest team of Certified Strength and Conditioning Specialists®, IRG will take you or your athlete to a new level of performance and confidence in sports. Age and experience-based programs ensure athletes are training at correct levels with an emphasis on proper technique for any sport. We provide optional monthly athletic assessments to ensure that you are getting the results you're looking for.

Our certified and trained Performance Coaches work with your School or organization to develop and present workshops focusing on performance enhancement, as well as safety and wellness of all athletes.

HOURS

Monday - Friday: 9:00am - 5:00pm

Our Staff

Alex Zitnik

PTA

Andrew Kreuz

PERFORMANCE COACH

Lair Heslop

ATC, LAT

Catey Phipps

LAT, ATC

Hayley Stout

LAT, ATC

DeOnte Jackson-Durden

CPT, PES, PNI, PERFORMANCE COACH

Dylan Young

PERFORMANCE COACH

Austin Vincent

MS, CSCS, PERFORMANCE COACH

Daniel Wiltfong

ATC

Matt Chaloupka

LAT, ATC

Andrew Kraft

ATC, LAT, ATHLETIC TRAINING & PERFORMANCE MANAGER

Our Services

Performance Enhancement

Sports Nutrition, Titleist Performance Institute (TPI), Bike Fitting, Athletic Training, Performance Enhancement

Athletic Training

Athletic Training

Specialized Therapy

Kinesio Taping, Work Conditioning

Workplace Services

Work Hardening, Work Conditioning