

## **Introduction to Sports Mechanics and Massage: \$145, 8CE's**

**Location: Bellevue Massage School, May 6th 9am-5pm**

**Instructor:** Jenny Mapes, LMP, CPT, 10 year movement specialist, 2012 Olympic Training athlete, 8 year athletic clinician. Lic#MA60410229

### **Overview:**

Learn different movements for various sports, which muscles are affected within movements, when to massage and what type of massage during the cycle of an athlete's season, and what to avoid if injury or overuse has occurred.

### **Description:**

This class is exceptional for those interested in the intricacies of sport; whether that be working for a team, have clients who participate in sports, or performing massage at running or local sporting events.

The first section of lecture will include studying general sport movements, specific muscle function, body mechanics, and learning to assess posture and movement irregularities. We will discuss how to appropriately apply pre-event massage, post-event massage, when to massage or what to look for to refer to a doctor or athletic trainer. Scope of practice is also addressed in this section.

The second part of the course is hands on learning, by creating proper movements and feeling personal body mechanics along with assessing real-time movements from the group and instructor. Linear motions, lateral motions, and other movements found in general sports such as soccer, running, football, basketball, or volleyball. Class will also will assess proper mechanics for weightlifting and CrossFit or High Intensity Interval Training (HIIT) programs.

Massage techniques will be incorporated within movement assessments and training to target and address specific conditions. Triggerpoint, deep tissue, pin and stretch, pre and post-game strokes, assisted stretching, and tools for self-care to share for clients. Class performed in a read, see, do, format utilizing both lecture and hands-on experience.

All participants must have or be obtaining current licenses, and dress in comfortable clothing including sports bras for females, and lightweight t-shirts or tank tops for everyone, as well as wearing workable shorts such as running or basketball, staying clear of bulky waistbands. Please bring: layered workout clothing as we will be outside for some activity, a set of sheets for the table, and standard fragrance-free massage lotion.

**Register here:** <https://squareup.com/store/crossfunction-massage>

For questions please call: 425-595-3436

Instructor website: [www.crossfunctionmassage.com](http://www.crossfunctionmassage.com)

**Biography:**

Jenny Mapes has been a movement specialist, personal trainer, and coach for over 10 years, teaching sport clinics throughout the PNW and in Coaches Choice training videos nationwide. Jenny trained for the 2012 London Olympics in the high jump and has worked with individuals ranging from the general public to elite and pro athletes from multiple sports to help them gain confidence by improving movements for better performance. She owns CrossFunction Sports Massage in Mill Creek, WA. Jenny received a B.S. from the University of Oregon, is a certified ISSA Elite Trainer, graduated massage school from Alexandar School of Natural Therapeutics, and certified in Zen BodyTherapy and Scar Tissue Therapy.

**Other courses:**

Advanced Sports Mechanics and Massage: \$175, 8CE's  
Sideline- The Secret Bread and Butter of Massage: \$90, 4CE's