



PRIME

Where
Personal
Responsibility
Intersects
Meeting
Expectations



Carolinas HealthCare System

PRIME

Carolinas HealthCare System
Rehabilitation Randolph
3030 Randolph Road. Suite 105
Charlotte, NC 28211



Carolinas HealthCare System



Whether you want to boost athletic performance, prepare for competitive events or just stay motivated, PRIME offers a range of tools to help you achieve your fitness goals and maintain optimal health.



Hunter Yard
CSCS USAW

Hunter Yard says a healthy mind is part of a healthy body – and a person can always be better. He earned a bachelor's degree in health fitness, kinesiology and sports medicine at UNC Charlotte, where he went on to establish the school's first personal training program. Before serving as the head speed, strength and conditioning

coach at Carolinas Rehabilitation, he served as an assistant strength and conditioning coach at the collegiate level. Hunter also worked as the head strength and sports performance coach at OrthoCarolina and as the facility coordinator and head strength coach at D1 Charlotte Sports Training. He is a member of American College of Sports Medicine, a health fitness instructor with the National Strength and Conditioning Association and a USA Weightlifting Certified Sports Performance level-one coach.



Alicia Fogarty
MS, RDN, CSSD, LDN

Alicia Fogarty's passion for nutrition and sports performance stems from a lifelong love of exercise, particularly soccer. She earned a bachelor's degree in exercise science from Ithaca College and master's degree in clinical nutrition from New York University. Fogarty is a registered dietitian/nutritionist and a

certified specialist in sports dietetics. She has worked at Carolinas Healthcare System for 8 years but has nearly 20 years of experience in her field. She also educates people about health, wellness and disease prevention.



Michael Agnone
PT, OCS, MS, ATC, LAT

Michael received his physical therapy degree from The State University of New York at Buffalo. He is a NATA-certified athletic trainer, receiving undergraduate and graduate degrees in athletic training from Slippery Rock and Indiana State Universities, respectively. Michael is on the faculty of the Carolinas HealthCare System orthopedic physical therapy residency program and is a board-certified specialist in orthopedic physical therapy.

Michael has practiced sports medicine in the Charlotte area for 20 years and specializes in biomechanical assessment of the upper and lower extremities, orthotic fabrication, complex shoulder, and knee, foot, and ankle problems. He has extensive training in multiple manual therapy approaches, has spoken at various seminars and has been published in peer reviewed periodicals.

FOR MORE INFORMATION

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SPORTS PERFORMANCE

CONNECTION

BUILDING THE FOUNDATIONS FOR ATHLETIC SUCCESS

College Bound Athletes

- Collegiate Preparation Programs

Female Athletes

- ACL Injury Prevention Programs

Field Sport Athlete

- Speed and Agility Training Programs

Multi-Sport High School Athlete

- Year-Round Training Programs

Young Athlete (ages 10-15)

- Athletic Development Programs

PERSONAL TRAINING OPTIONS TO FIT YOUR NEEDS

- Health Evaluation
- Performance Evaluation
- Exercise Evaluation
- One-on-One Training
- At-Home Personal Training
- Onsite Corporate Fitness Training
- Nutritional Counseling

Direct Access to Carolinas HealthCare System's Physical Therapist AND Sport Medicine Doctors

