Run by our three athletic trainers, the STAR Program was established for athletes who are in the pursuit of excellence, with the goal to improve sports performance and decrease the risk of injury. Designed as a Sports Training program to promote Athletic Results (STAR), the sport-specific enhancement program focuses on improving power, speed, agility, strength and skill. This is accomplished by utilizing a variety of cutting edge training techniques which may include but are not limited to plyometrics, resistance speed training, various agility tools, strength training, core strength routines, Olympic and power lifts, medicine ball exercises, Vertimax routines and flexibility routines. Registration and payment information is available by calling 937-593-0822.

Athletes in pursuit of excellence.

STAR Program

Ed Wisner, MS, ATC, CSCS

Director of the STAR (Sports, Training, Athletics, Results) Program and the athletic training outreach coordinator, Ed is a graduate of Capital University with a Bachelors Degree in Sports Medicine & Athletic Training. Ed holds a Master’s Degree in Exercise Science from Miami University where he spent four years as an Assistant Athletic Trainer. Ed has over 15 years experience as a Certified Athletic Trainer and more than ten years of Sports Performance Training and is a Certified Strength and Conditioning Specialist.
The Center for Disease Control statistics suggest that over 200 sports related concussions occur in Logan County every year. Of these sports related concussions, more than half go undiagnosed. This may be due to the fact that most sports related concussions occur without loss of consciousness. Appropriate diagnosis, management, and education are critical to helping young athletes with a concussion recover quickly and completely. The long term effects of repeated sports-related concussions have recently received significant attention in the media due to emerging neuroscience in this area as well as recent reporting on the plight of college and professional athletes who have experienced multiple concussions. The goal of the Logan County Concussion Clinic, located at the Mary Rutan Hospital Physical Rehabilitation Center, is to work closely with local physicians in assisting their young patients who have been diagnosed with concussion, to return safely back to school as well as to sport. Appropriate concussion management is critical to avoiding re-injury or prolonged recovery. Our assessment and treatment protocol utilizes the latest research regarding treatment and recovery of individuals with concussion who participate in competitive sports.