

<b>Name:</b>	Todd Coburn
<b>Business:</b>	Defined Personal Training, Nutritionist
<b>Occupation:</b>	Athletic Trainer, Nutritionist
<b>Location:</b>	31102 Haggerty Rd Farmington Hills, Mi
<b>Phone Number:</b>	248-661-2000
<b>Email Address:</b>	<a href="mailto:toddcoburn@definedpersonaltraining.com">toddcoburn@definedpersonaltraining.com</a>
<b>Website:</b>	<a href="http://personaltrainingmichigan.com/free-downloads.html">http://personaltrainingmichigan.com/free-downloads.html</a>
<b>Notes:</b>	Defined Personal Training offers group and private personal training. There are both male and female trainers available. Fitness classes are also offered, including boxing, yoga, boot camp, and Zumba. Also provide health coaching to individuals.
<b>Contact:</b>	Tried email and phone but was unable to reach. Highly recommended from a friend. I wanted to keep him in my network because of the great recommendation. Will try again contacting again soon.

<b>Name:</b>	Roly Roldan
<b>Business:</b>	Oakland Elite Volleyball
<b>Occupation:</b>	Oakland Elite's Director (similar to a Biomechanist)
<b>Location:</b>	143 Northpointe Dr Lake Orion, Michigan 48359
<b>Phone Number:</b>	(248)276-2600 or (810)7281800
<b>Email Address:</b>	
<b>Website:</b>	<a href="http://www.oaklandelitevolleyball.com/about-us.html">http://www.oaklandelitevolleyball.com/about-us.html</a>
<b>Notes:</b>	Mr. Roldan offers many training sessions. Training sessions will emphasize correct technical skills and footwork to improve players' performance in high intensity drills. Sample of sessions include: Attacking, Passing/Defense and All Skills,
<b>Contact:</b>	Phone. Called me back immediately and was very willing to help out if needed. Wish I could have had a team to start referring there now! I've heard great things about him (from a fellow coach and his website) and he sounded very nice and helpful on the phone.

<b>Name:</b>	Theodore L. Degenhardt III DDS
<b>Business:</b>	Cosmetic and General Dentistry
<b>Occupation:</b>	Dentist
<b>Location:</b>	2877 Crooks Road, Ste. A Troy, MI 48084
<b>Phone Number:</b>	(248) 643-6551
<b>Email Address:</b>	<a href="mailto:info@DegenhardtDental.com">info@DegenhardtDental.com</a>
<b>Website:</b>	<a href="http://www.degenhardtdental.com/vision.html">http://www.degenhardtdental.com/vision.html</a>
<b>Notes:</b>	Available for regular dentistry and also for emergencies. Offers his cell phone number if the emergency is outside of practice hours. Dr. D develops sports guards for many of his patients. They are all custom fit and comfortable appliances.
<b>Contact:</b>	Attempted email. This is such an amazing group that I did want to take them out of my professional network because I couldn't get a hold of the dentist. Will attempt to contact again in the future if necessary. I was not as worried about finding a dentist since I'm assuming the majority of my athletes will already have their own dentist. It is nice know however that he does work with sports guards and offers emergency services if needed.

<b>Name:</b>	James Herman DC DABCO
<b>Business:</b>	Better Health Chiropractic
<b>Occupation:</b>	Doctor of Chiropractic/ Chiropractor
<b>Location:</b>	6431 Inkster Suite 220 Bloomfield, 48301
<b>Phone Number:</b>	248-539-0100
<b>Email Address:</b>	<a href="mailto:Dr.JimHerman@Gmail.com">Dr.JimHerman@Gmail.com</a>
<b>Website:</b>	<a href="http://www.bloomfield-chiropractor.com/">http://www.bloomfield-chiropractor.com/</a>
<b>Notes:</b>	Offers numerous services, including treatment for sports injury. Better Health Chiropractic also offers massage therapy (see below).
<b>Contact:</b>	Attempted via email. This was a last minute addition. I had a chiropractor that I was just not as comfortable with as I would have liked so I took him out of my professional coaching network. I heard about Dr. Herman from two coworkers and they have such great things to say about him. Both of my coworkers are athletes and he has helped them immensely in the past and now they go to him on a regular basis. I'm hoping that he returns my email or call within the next few days/weeks because I would love to keep him in my network.

<b>Name:</b>	Susan Valead
<b>Business:</b>	Better Health Chiropractic
<b>Occupation:</b>	Massage Therapist
<b>Location:</b>	6431 Inkster Suite 220 Bloomfield, 48301
<b>Phone Number:</b>	248-539-0100
<b>Email Address:</b>	
<b>Website:</b>	<a href="http://www.bloomfield-chiropractor.com/">http://www.bloomfield-chiropractor.com/</a>
<b>Notes:</b>	Sports Massage — Sports massage works on the connective tissue and deep muscle structures. The massage is applied using hard and deep strokes, combined with finger pressure. Sports massage is specifically designed to increase flexibility and prevent injuries. It is specifically designed for the types of injuries obtained during athletic activity.
<b>Contact:</b>	Same as above.

<b>Name:</b>	Jeff S. Pierce, D.O. Tarek Hadla M.D.
<b>Business:</b>	Michigan Sports and Spine Center
<b>Occupation:</b>	General Practitioners (Medical Doctors and Physiatrist )
<b>Location:</b>	1819 East Big Beaver Road Suite 210 Troy, MI 48083
<b>Phone Number:</b>	248.680.9000 / 248.840.0875
<b>Email Address:</b>	
<b>Website:</b>	<a href="http://www.michigansportsandspine.com">http://www.michigansportsandspine.com</a>
<b>Notes:</b>	Specialize in auto injuries, sports injuries, work injuries, etc. They treat dozens of injuries and are not specific to just one area of the body. They work with athletes to get them back on the court (field). They offer a lot of information on sports medicine and are focused on lifelong fitness and wellness
<b>Contact:</b>	Email and phone. Amazing patient testimonials on their website, including many professional athletes (Go Red Wings!) Talked to <a href="#">Bob Mason</a> (probably the most helpful person I've contacted). He himself is a great resource. He has many connections and has had many interns work under him. He is also affiliated with Bally Fitness. Would be willing to be a resources (and assured me the doctors would also) in the future. He is a past athlete himself and was eager to help.

<b>Name:</b>	Christopher Theodoroff, OD
<b>Business:</b>	Professional Family Eyecare
<b>Occupation:</b>	Optometrist
<b>Location:</b>	28825 Ryan Warren, MI 48092
<b>Phone Number:</b>	(586)-573-0470
<b>Email Address:</b>	crspex@sbcglobal.net<crspex@sbcglobal.net>;
<b>Website:</b>	<a href="http://www.professionalfamilyeyecare.com/">http://www.professionalfamilyeyecare.com/</a>
<b>Notes:</b>	A full service optometry practice and optical. Offer eye exams, glasses, and contacts. Has many recommendations for outside the office services needed. Opticians specializes in difficult-to-fit cases and progressive lenses. Very family orientated. I personally, have had many great experiences with this doctor and facility.
<b>Contact:</b>	Email. I have known Dr. Theodoroff my whole life (my aunt and him co-own Professional Family Eyecare). He is the number one Optometrist I would recommend to athletes. He also has referred friends and family to ophthalmologists when necessary. I would use him as a resource to network even further if needed.

<b>Name:</b>	Christopher Lee, M.D., Kanwaldeep Sidhu, M.D. , Richard Perry, M.D., Christopher Zingas, M.D., James Dietz, M.D., Glenn Minster, M.D., Nicholas Schoch, D.O., Matt Schramski, D.O., Mark Bergin, M.D.
<b>Business:</b>	<a href="http://www.stclairortho.com/">http://www.stclairortho.com/</a>
<b>Occupation:</b>	Orthopedic Medical Doctor
<b>Location:</b>	23829 Little Mack, Ste 100St. Clair Shores, MI 48080 US or 45441 Heydenreich, Macomb Township, MI 48044 US
<b>Phone Number:</b>	(586)-773-1300 (586)-416-1300
<b>Email Address:</b>	
<b>Website:</b>	<a href="http://www.stclairortho.com/">http://www.stclairortho.com/</a>
<b>Notes:</b>	They provide state of the art care in specialty orthopedics including fracture care, trauma, sports injuries, hip, knee, shoulder replacements, reconstructive spine surgery, shoulder reconstruction, hand surgery and foot/ankle reconstruction. Dr. Lee also treats pediatric injuries.
<b>Contact:</b>	I've been to this practice in the past and have had a great experience. I've worked with a couple of the doctors. I like that there are 9 doctors so that if I am recommending them to my athletes I don't have to worry about scheduling conflicts or availability. They are a resource that I have ready to contact in case I need to (or an athlete needs to).

<b>Name:</b>	Erick Fountain
<b>Business:</b>	Orthopedic Edge Physical Therapy
<b>Occupation:</b>	Physical Therapist
<b>Location:</b>	4850 Investment Drive, Suite B Troy, MI 48098
<b>Phone Number:</b>	248-641-5010 / 248-761-3530
<b>Email Address:</b>	<a href="mailto:erickfountain@gmail.com">erickfountain@gmail.com</a>
<b>Website:</b>	<a href="http://www.orthopedicedge.com/about_us.html">http://www.orthopedicedge.com/about_us.html</a>
<b>Notes:</b>	Specialize in getting athletes back into their sports. Focus on improved performance through manual therapy and functional training and decreasing Injury potential through training and therapeutic exercise education.
<b>Contact:</b>	Email. Comes highly recommend from a teacher friend/athlete. Answered my email immediately and was very willing to help out in the future. Again I've heard great things about Mr. Fountain and Mr. Pollzzie.

<b>Name:</b>	Mike Pollzzie
<b>Business:</b>	Orthopedic Edge Physical Therapy
<b>Occupation:</b>	Physical Therapist
<b>Location:</b>	4850 Investment Drive, Suite B Troy, MI 48098
<b>Phone Number:</b>	248-641-5010
<b>Email Address:</b>	mike@orthopedicedge.com
<b>Website:</b>	<a href="http://www.orthopedicedge.com/about_us.html">http://www.orthopedicedge.com/about_us.html</a>
<b>Notes:</b>	Specialize in getting athletes back into their sports. Comes highly recommend from a teacher friend/athlete. Focus on improved performance through manual therapy and functional training and decreasing Injury potential through training and therapeutic exercise education.
<b>Contact:</b>	Email. Comes highly recommend from a teacher friend/athlete. Answered my email immediately and was very willing to help out in the future. Again I've heard great things about Mr. Fountain and Mr. Pollzzie.

<b>Name:</b>	Bethany DeMars
<b>Business:</b>	Clinical Dietitian at Detroit Medical Center
<b>Occupation:</b>	Registered & Licensed Dietitian
<b>Location:</b>	Detroit Medical Center
<b>Phone Number:</b>	313-570-8473
<b>Email Address:</b>	<a href="mailto:demarsba@gmail.com">demarsba@gmail.com</a>
<b>Website:</b>	
<b>Contact:</b>	Email. Recommended by a friend. Bethany has a base knowledge in sports nutrition (and used to be a volleyball coach!) Hopes to one day open her own business so she may be a great future contact.

<b>Name:</b>	Mike Perkins
<b>Business:</b>	ULTIMATE ATHLETE Sports Performance and Training Center
<b>Occupation:</b>	Strength and Conditioning Specialist, Certified Athletic Trainer, Corrective Exercise Specialist and Performance Enhancement Specialist
<b>Location:</b>	Works with athletes in southeastern Michigan
<b>Phone Number:</b>	(248) 459-3058
<b>Email Address:</b>	<a href="mailto:Mvperk@Comcast.net">Mvperk@Comcast.net</a>
<b>Website:</b>	<a href="http://www.ultimateathleteperformance.com/Home_Page.html">http://www.ultimateathleteperformance.com/Home_Page.html</a>
<b>Notes:</b>	Offers: Sport Specific Strength and Speed Training, Youth, High School, Collegiate and Professional Training, Individual and Team Training, Sport Injury and Rehabilitation, ACL post Physical Therapy, Transition Back to Sport, and Vertical Jump/Polymeric Programs.
<b>Contact:</b>	Email. Has worked with previous students, comes highly recommended. Very personable and willing to help when needed. Works with both individuals and/or teams by trying to prevent injuries by teaching proper form and technique, flexibility strategies, and nutrient/hydration principles.

Great Resources:

- Michigan Interscholastic Volleyball Coaches Association <http://www.mivca.net/>
- American Volleyball Coaches Association <http://www.avca.org/>
- Volleyball Toolbox: <http://www.volleyballtoolbox.com/>