



Sports

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D1 Sports Training And Therapy To Open In Chattanooga

Former UT Football Stars, Manning And Bartholomew Open Third Facility Together; Former Moc, DeMatteo, Local Coordinator

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D1 Sports Training and Therapy will unveil its latest facility when it officially opens the doors to its 18,000 square foot state-of-the-art Chattanooga location on Monday, May 21. D1 Chattanooga is located near Hamilton Place Mall, on Commons Blvd., between Home Depot and Lowe's.

D1 will begin offering its expert athletic training for sports teams, individuals and companies on May 21. The first 50 people to become D1 Chattanooga members will have the opportunity to meet Peyton Manning at the facility's official, invitation-only Grand Opening on Friday, June 8.

Former Tennessee fullback and current D1 president and CEO, Will Bartholomew, has opened D1 facilities in Nashville, Knoxville, Memphis and Greenville, S.C. Manning, the former UT quarterback, already is a co-owner of D1 facilities in Knoxville and Nashville and has come on as co-owner of the Chattanooga location as well.

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"I have experienced first hand what D1 provides for its athletes in Knoxville and Nashville and I'm excited about the opportunity to partner with Will again in Chattanooga," said Manning. "If you are an athlete and want to get better, D1 will provide you the best sports training and therapy in the state. D1 is the

place for the athlete."

Developed by some of the nation's top strength and conditioning coaches, D1 offers a highly structured and successful training program specializing in building speed, strength, and agility for the dedicated athlete. D1 trains scholastic (ages 7-18), collegiate and professional teams and individual athletes in a variety of sports,

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including baseball, basketball, football, soccer, softball, and wrestling, to name a few.

"D1 is designed to deliver the same experience and benefits that collegiate athletes receive in top-tier athletic programs. We provide state-of-the-art training facilities, custom sports training programs, expert coaching, sports therapy and nutritional counseling... all in a high-energy environment. Our goal is to bring 'The Division I Experience' to the community." said Bartholomew. "D1 provides serious training for the serious athlete. Our age-appropriate workouts are designed to be sports-specific, to build character, and aid an athlete in reaching their highest level of competition both physically and mentally."

D1 also focuses on building character and teaching core values. D1 instills every athlete with the character traits necessary to succeed in sports... and in life. Every athlete must abide by a strict set of rules that include: respecting others, no tardiness and no profanity. All training sessions are concluded with an "Inspirational Quote of the Day" and "Word of the Week."

D1 Chattanooga also offers an on-site physical therapy clinic designed with the athlete in mind. Its licensed physical therapists treat injuries on site at the training facility. D1 Sports Therapy focuses on treating athletes in a sport-specific environment and the goal of its customized rehabilitation is a more rapid return to the playing field.

The D1 Chattanooga facility coordinator is Cosmo DeMatteo, former University of Tennessee-Chattanooga star receiver. DeMatteo is also joined by UTC grad Cameron Russell, who is head strength and speed coach, and Pablo Alvarez, who is D1 Chattanooga's head physical therapist.

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