

# PSM X ONE

# NOT DOWN. NEVER OUT.

Being an athlete means pushing yourself, no matter your level of performance. But when injury strikes, PSM is there to help you get back in the game.

In partnership with the region's premier orthopedic surgeons at ONE, we provide personalized support at every stage of your athletic journey.



## PSM FOOTBALL

At PSM Football, our commitment to excellence in specialized group and personal training is unmatched. We are dedicated to elevating the overall football landscape beyond the ordinary in northeast Indiana by offering comprehensive services including:

- Specialized position training year-round
- One-on-one and small group training
- 7v7 travel teams
- Youth and adult flag leagues

**>> LEARN MORE AT [PSMFOOTBALL.COM](https://psmfootball.com)**