

JULY NEWSLETTER



Letter from Dr.G

Hey Connect Fam,

Summer is in full swing, and the energy around here has been incredible.

This month, we're beyond excited to welcome two amazing interns to the Connect family — **Sienna and Ryan!**

Sienna is a competitive cheerleader heading into her senior year, and Ryan is a soccer player going into his sophomore year. Both of them have big dreams of becoming physical therapists one day — and they're already showing us that they have what it takes.

What's been so cool is watching how excited they are to dive in. They're learning real-world communication skills, exploring anatomy and how it actually shows up in movement, figuring out how to help athletes (and themselves) move and feel better, and discovering how to work together as a team on projects.

For me, having them around has pushed me to grow as a teacher and a leader. It's reminded me that it's not just about teaching exercises — it's about mentoring, guiding, and helping them build confidence and awareness that will carry into every part of their lives.

You'll see them around the clinic, at workshops, and out at the farmers markets — so make sure to give them a big Connect welcome when you do!

Speaking of workshops...

We're kicking off our 3-part summer workshop series with Angelica at FMP. First up on **July 12th** is our Speed Workshop, where we'll teach you how to run faster, train smarter, and avoid injuries. We're going to break down everything from foot strike to arm drive — all the small details that make a big difference.

Check out the full details in the Announcements section below. We're pumped to share all of this with you, and we know you'll leave with a ton of tools to take into your training.

Thanks for being on this journey with us — it's going to be a fun summer.

Talk soon, Dr. G



Hi! I'm Sienna, a 17-year-old competitive cheerleader starting my senior year. I love art, cooking, and staying active. I'm passionate about health and plan to pursue sports medicine. I'm excited to learn and grow with Connect this summer!



Hi! I'm Ryan, a sophomore at Windsor High School and a soccer player with Sonoma County Premier. I love staying active and learning about how the body works. I'm interested in pursuing physical therapy, and I'm excited to be at Connect this summer to learn, grow, and help others move better!

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Tip of the month: The Power of Details

Let's talk about the details — the small stuff most people skip.

If the root cause of your knee or hip pain is that your foot collapses during squats, but the only time you try to fix it is during the squat... you'll never actually solve the problem.

Here's the truth: You can't focus on the big moves and fix the details at the same time. When you're squatting, your brain is already busy handling balance, depth, core, glutes — there's just too much going on to truly learn a new pattern.

If you don't build strong, clear patterns in simple, focused drills first, you'll always default back to your old habits when it counts.

The All Blacks rugby team (you know I had to sneak rugby in) still start every session with basic passing drills. Not because it's flashy, but because when the game gets tough, they can rely on solid fundamentals without thinking.

Same idea here: Nail the foot control first using specific, customized exercises that teach your brain and body exactly what to do. The program is designed to layer each piece step by step — so when it's time to move big, your foundation is already dialed.

Announcements

Summer Athletic Workshop Series (FREE!)

In partnership with Angelica at FMP, we're running a 3-part workshop series designed to help you move better, train smarter, and avoid injuries. Open to all levels — from young athletes to weekend warriors.

 Location: FMP, Rohnert Park

 Time: 11:00am – 1:00pm

Saturday, July 12 – Speed Workshop: Run faster, train smart, avoid injuries.

Saturday, July 26 – Agility Workshop: Move quick, cut safely, and stay sharp.

Saturday, August 16 – Long Distance & Trail Running Workshop: Improve form, avoid runner's knee, and get the most out of every step.

Catch Us at the Farmers Markets

Come say hi, ask questions, or just hang out!

July 9 – Cotati Farmers Market

July 25 – Rohnert Park Farmers Market

August 15 – Rohnert Park Farmers Market

August 16 – Cotati Farmers Market

Joke of the Month:

Why did the banana refuse to stretch at the summer workshop?

Because it didn't want to split in front of everyone!

