

Soccer Performance and Functional Injury Prevention

WE HAVE THE ATHLETE DOWN TO A SCIENCE.

FAQS

HOW DO YOU TRAIN ATHLETES? We train athletes to improve their movement skills, specifically speed, power and agility through training programs we've developed based on years of research into how the body responds to particular stresses. We've helped develop the full potential of over 500,000 athletes to date, in closely monitored workouts.

WHY IS ATHLETIC REPUBLIC BETTER THAN OTHER TRAINING CENTERS? The programs offered by Sports Acceleration Center are unique; there are no equivalent programs in the world. We use patented equipment designed for and used exclusively by Athletic Republic Facilities. The programs and protocols are scientifically designed and tested. When followed according to these unique protocol designs, the Athletic Republic programs are guaranteed to improve an athlete's performance. Every athlete's program is based on 20 years of research and testing. Sports Acceleration Center creates an optimal learning environment in which you the athlete can hear, see and feel improvements as you progress.

WHY IS FUNCTIONAL MOVEMENT TESTING IMPORTANT? This service is NEW to Sports Acceleration Center Athlete Evaluation. Testing the Functional Movement Skills of an athlete allows the trainer to assess the risk of potential injury for each individual athlete. The SAC trainer will provide specific exercises and injury prevention education for the individual athlete. Athletes receive initial instruction, supervision and progression of exercise program. In addition, it is important to note that Female Soccer has the highest rate of non-contact ACL tears of any sport and Female athletes are 5 times more likely than male athletes to tear the ACL. This is not a statistic that can be ignored.

Training Options:

Option #1: Short Program Team

- **14 sessions (21 hours of training)**
- **1 ½ hours each**
- ***Includes Pre and Post Evaluation, Dynamic Warm up, Speed and Power Training on Super II Treadmill, Plyometrics, Functional Testing for knee injury prevention, Agility, Core Strength and Weight training.***
- ***SMALL athlete to trainer ratio and specific time set aside for your team. Two times per week for 6 weeks.***

Program Fee: \$350 Deadline: Pay half down with check or cash before December 1, 2008.

Option #2: Full Program Individual

- **20 sessions (30 hours of training)**
- **1 ½ hours each**
- ***Includes Pre and Post Evaluation, Dynamic Warm up, Speed and Power Training on Super II Treadmill, Plyometrics, Functional Testing for knee injury prevention, Agility, Core Strength and Weight training.***
- **Schedule at the convenience of the athlete. Three times per week for six weeks.**

Program Fee: \$440 (Discount for members of soccer Club from regular Price of \$460). Deadline: Pay half down with check or cash before December 1, 2008. After December 1, 2008 pay full price.

Option #3: Full Program Team

- **20 sessions (30 hours of training)**
- **1 ½ hours each**
- ***Includes Pre and Post Evaluation, Dynamic Warm up, Speed and Power Training on Super II Treadmill, Plyometrics, Functional Testing for knee injury prevention, Agility, Core Strength and Weight training.***
- ***SMALL athlete to trainer ratio and specific time set aside for your team. Three Times per week for six weeks.***

Program Fee: Dependent upon number of athletes training. Discounts start at 5 athletes. Email for details and questions.

Allow us to take charge of the conditioning, injury prevention and speed training so that the coaches can spend valuable and expensive indoor field/gym time on specific soccer skills.

Location: Sports Acceleration Center located inside Metro Sports Center.

Dates/Times: Testing: Pre-testing and evaluation December 2008.
Training: Beginning week of January 5th and Post Test the week of February 23rd. Set training days and times to be scheduled with team manager and/or coach.

WE KNOW ATHELTES.

We know how they MOVE. We know how they WORK. We know how they ACT and REACT and INTERACT with the environment around them. We know how they THINK. We know how their bodies are BUILT and how their MUSCLES RESPOND. We know how they're WIRED; from the NEUROLOGIC to the METABOLIC. We know what makes them RUN and what makes them RUN FASTER. We know what makes them STRONG and what makes them STRONGER. We know what makes an athlete TICK, TICK, TICK. We know how to fully develop the HEART OF A CHAMPION.

Praise for our training centers:

*"The Acceleration program was a critical foundational step for our daughter. Through her repeated sessions, since age 13, Acceleration was able to leverage her innate athletic abilities. Acceleration assisted in raising her performance and confidence levels dramatically. Definitely an excellent investment."
Alice Bryan (Daughter: Kara, 1998 Miss Soccer Indiana)*