



SUN PRAIRIE SOCCER TRAINING PROGRAM

Enhance SPEED. Build POWER. Develop AGILITY.

Athletic Republic is proud to offer a unique training experience for SUN PRAIRIE SOCCER CLUB.

Athletic Republic is the culmination of over 20 years of research and relentlessness. It's a science-based sports training system that has delivered real, quantifiable results to over half a million athletes, including more than 2,500 Olympic and professional athletes, no matter their age, gender or sport. It's a brand built out of a firm belief that there is a better way to train athletes, a better way to rehabilitate and a better way to maintain peak athletic performance. We are excited to bring our training concepts and experience to Sun Prairie Soccer Club to improve the skills and ability of each athlete. Our program offers great on field benefits, average results include:

Average Improvements: (after a full program that includes the Athletic Republic Super Treadmill)

- 33% improvement in foot speed
- 50% improvement in rate of recovery
- 2 tenths of a second off 40 yard dash
- 4" increase in vertical power – increased explosive power
- 20 % greater leg strength
- Injury pre-hab program to reduce risk of ACL injuries

Sun Prairie Soccer Club Program Structure:

Begins Wednesday June 16th and ends Wednesday July 21st (no session on 7/4)

Wednesdays 6:00-7:30PM and Sundays 3:30-5:00PM

10 sessions hosted at Scottish Highlands

3 sessions at Athletic Republic (must be used before August 31st 2010)

- Minimum 20 participants to host program ----- \$100 per person

Program value: \$390 per person.

What you will receive from Athletic Republic:

- 10 Performance Sports Training sessions (to include: Speed, Power, Agility, Strength, Injury Pre-Hab, Flexibility training)
- Athletic Republic certified performance specialist on site implementation.
- Discounted training for the rest of the 2010 Calendar year (\$50 off each program)

TO REGISTER: Email info@theathleticrepublic.com with name and age to reserve a spot.

Please visit our website at www.theathleticrepublic.com to print off and fill out our enrollment form.

Bring enrollment form and payment to first training session. ANY ATHLETES WHO DO NOT SUBMIT PAYMENT AND FORM AT THE FIRST TRAINING SESSION WILL NOT BE ABLE TO TRAIN.

Wear ATHLETIC APPAREL and bring both cleats and shoes.

IF you have any questions please call the athletic republic at 608-845-FAST(3278).

Inside the MAC SPORT CENTER - 411 Prairie Heights Drive Verona WI, 845-FAST (3278) - www.theathleticrepublic.com