

PERFORMANCE ATHLETIX
CHANGE YOUR GAME
YOUTH SOCCER TRAINING INTENSIVE
LATE SUMMER/FALL 2008

Soccer Training is Complex! Determining proper protocols is complicated, and knowing if your methods are effective is often unclear. And how do you accurately measure your gains? Performance Athletix eliminates the guess work from your training efforts, and we help you achieve *amazing* results.

Using our DNA Training protocol, developed over the last 15 years by performance enhancement specialist Ted Johnson, our concurrent training model (1) ensures all parts of your game receive equal attention, (2) develops strength that elicits a positive power-to-weight ratio and (3) breaks down the biomechanics of sprinting, which makes athletes more efficient.

Bottom Line: We develop the energy systems required for elite-level performance on the field.

- VO2MAX Testing
- Underwater Weighing
- Relative Strength Training Development
- Soccer Specific Fitness Development
- Soccer Specific Testing
- Training Specific Meals Provided
- Group Training 18–25 Participants
- 180,000 Square Ft Training Facility in Downtown Mpls
- 4 Days Per Week, 14–16-Week Training Intensive
- Monday–Thursday
- 4:00–6:00 p.m. or 6:00–8:00 p.m.
- \$1,500.00 All Inclusive Training Package

P PERFORMANCE ATHLETIX SOCCER SUCCESSES



NATHAN KNOX After completing 21 Performance Athletix training sessions, this two time All-American, USL First Division Champion and an MIAC Player of the Year said, *I have never worked so hard combining strength and fitness. The advanced technology Performance Athletix uses to evaluate and develop athletes is very impressive.* —Nathan Knox



ANDREI GOTSMANOV After a two year lay off due to injuries and time abroad, by training with Performance Athletix, Andrei successfully returned to Division I soccer, led his team in almost every offensive statistical category and helped take them to the playoffs. For a power athlete, Andrei has a stellar combination of size and speed. He has one of the highest VO2MAX's ever recorded by Performance Athletix—an astounding 70ml/kg/min.

Training with Performance Athletix was the most challenging thing I have ever done, but I was also the strongest and most fit I have ever been. Through training with Performance Athletix, I learned that there is no limit to what I can do. —Andrei Gotsmanov



OLIVIA SCHULTZ This NSCAA All-American Player, who has trained with Performance Athletix for the last two years, was one of 36 athletes selected from the best 90 sophomores and six freshmen in the country for the Adidas Elite Soccer Program's All-Star Team. She also plays for the National Team (14 and 15 of the best girls in an age group in the country), which plays 4–5 times a year. Olivia has been recruited by the National Team all five times and has also been asked to attend a U-16 National Team camp.

In just a few weeks, I've already noticed an improvement in my strength and speed in the game—even coaches have noticed. I've learned a lot about myself and how hard I can go from this program. I plan on doing it in the future to keep pushing myself. —Olivia Schultz



YOUTH SOCCER INTENSIVE August 17–November 20
Reserve Your Spot Today!

Contact Ted Johnson (651) 278-1912 • ted@performanceathletix.com
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