

## **Summer Soccer Conditioning/Athletic Training**

Vie Performance Training will be conducting a summer conditioning and athletic training camp to help you get ready for the demands of fall soccer. This is not a conditioning camp designed to simply get you tired. Instead, you will get fit. The camp will also help you develop strategies you can use the rest of your athletic career and into adulthood. These strategies and activities will also be incorporated into our training this fall.

In addition to improving your fitness level, participants will learn:

- Pre-habilitation techniques to prepare athletes for Movement Preparation (Warm Up)
- The four components of movement preparation (glute activation, dynamic flexibility, movement integration and neural activation)
- Proper movement mechanics associated with:
  - Linear movement
  - Lateral and multi-directional movement
  - acceleration
  - absolute speed
  - multi-directional speed
- Energy System Development (ESD)
- Regeneration techniques to reduce recovery time.

Participants will complete the Gray Cook Functional Movement Screen (FMS) used at the collegiate and professional level to identify imbalances, weaknesses and compensations in athlete mobility and stability. Participants will then receive individualized corrective exercises based on the FMS results.

Participants will also receive ESD workouts to use on “non-training” days to develop the soccer conditioning necessary to compete this fall.

Training will be led by Eric Hartsock, NASM CPT, FMS, TRX trainer, using the methodology and exercises developed by Athletes’ Performance. Athletes’ Performance has trained 5 overall number one NFL draft picks and currently train the U.S. Men’s National Soccer Team, the German National Soccer Team, LA Galaxy, NY Red Bulls and numerous other top teams competing in a wide variety of professional and collegiate sports.

<b><u>Dates:</u></b>	Tuesday, June 21:	Pillar 101, Pre-Habilitation, Energy System Development
	Thursday, June 23:	Pre-Habilitation, Movement Preparation, Regeneration
	Tuesday, June 28:	Movement Prep, Linear Acceleration, ESD
	Thursday, July 30:	Movement Prep, Multidirectional Lateral, ESD
	Tuesday, July 12:	Movement Prep, Linear Absolute Speed, ESD
	Thursday, July 21:	Movement Prep, Linear Acceleration, ESD
	Tuesday, July 26:	FMS
	Thursday, July 28:	Movement Prep, Multidirectional Lateral, ESD
	Tuesday, August 2:	Movement Prep, Lineal Absolute Speed, ESD
	Thursday, August 4:	FMS Correctional Exercises, Putting it all together

**Location:** Shipley’s Choice Elementary School, 310 Governor Stone Parkway, Millersville, MD 21108

**Times:** 6:00 to 7:15 pm (Freshmen/Sophomores); 7:15 to 8:30 pm (Juniors/Seniors)

**Cost:** \$130.00 per participant (includes mini-bands used in movement prep)

**Registration:** Simply e-mail your name to Eric Hartsock at [erichartsock@yahoo.com](mailto:erichartsock@yahoo.com). Bring check payable to “VIE” to the first session on June 21, 2011.