



MADISON FC SOGGER TRAINING PROGRAM

Enhance SPEED. Build POWER. Develop AGILITY.

Athletic Republic is proud to announce a training partnership with Madison FC.

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 Madison FC 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

Madison FC Program Structure: (Begins Tuesday July 7th and ends Thursday July 23rd) Sundays, Tuesdays, Thursdays 6:00-7:30PM

8 sessions hosted at Reindahl Soccer Park

3 sessions at Athletic Republic (must be used before August 31st 2009)

- Minimum 30 participants to host program ----- \$95 per person

Program value: \$440 per person.

What you will receive from Athletic Republic:

- 11 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 2009 Calendar year (\$50 off each program)

TO REGISTER: Email Kelly Jauch (Kelly@theathleticrepublic.com) with name and age to reserve a spot. Bring forms and fees to first session.

Wear ATHLETIC APPAREL and bring both cleats and shoes.

IF you have any questions please call the facility.

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