



Athletic Republic™ Sports Performance Enhancement

Tested, Proven, Guaranteed Training to Improve Speed, Power and Agility.

Memorial Hermann Sports Medicine & Rehabilitation offers the Athletic Republic program and is located within the YMCA at their Branch Crossing location in The Woodlands. We have brought soccer specific training for speed and agility and ACL Injury Prevention onsite to the practice fields to work with TSC - Texans. Our training programs are unique, tested and proven. There are no other equivalent programs in the world developed to improve overall athletic performance in these areas: * **Acceleration and Sprint Speed**, * **Agility and Balance**, * **Strength and Stamina**, * **Neuromuscular Coordination**, * **Power and Quickness**.

The Athletic Republic on field training combines soccer-specific training with intensive individualized programs to build power and speed for real-time game performance. It is as important for a soccer player to have the ability to move as efficiently and precisely as possible as it is to move as fast as possible.

Acceleration training will improve the athlete's **Speed, Power and Agility**. For more information visit www.athleticrepublic.com.

You can choose to participate in the on-field sessions, in center training located at our Sports Medicine Center or a combination of both. Time, price and options are listed on the following page along with the registration form. Below is a description of the sessions.

On-field Sessions: Speed and Agility. The 15-20 minute soccer speed specific session will be offered before your regular team training session. The session includes a warm-up followed by speed drills with and without the ball. The focus will be on quick footwork, change of direction, lateral movement and leading with the dominant and non-dominant leg. In addition, the speed coach will concentrate on light feet, moving on the balls of the feet, lateral movements (not jumps), feet low to the ground, planting and pivoting on both legs, and the explosive first few steps. The trainers will also incorporate the **ACL Injury Prevention** drills. This will include a warm-up, stretching, strengthening, plyometrics, and sport specific agilities to address potential deficits in the strength and coordination of the stabilizing muscles around the knee joint. The trainers will emphasize proper technique during all of the exercises, including correct posture, straight up and down jumps without excessive side-to-side movement, and reinforce soft landings.

In-center Sessions: This 45-60 minute session should be scheduled on an off day from regular team training. These sessions will be held at Memorial Hermann Sports Medicine Center located within the YMCA at Branch Crossing and focus on either soccer specific plyometrics or speed acceleration training. Sessions are limited to four athletes per hour per coach. The plyometrics consists of multidirectional exercises including a variety of footwork drills designed to help improve power, quickness, coordination, core stability, balance and awareness of body position. The acceleration sessions improve linear or sprinting speed and build explosive power for a quicker first step while providing active recovery to sustain performance at game speed.

Registration

In order to participate in the program, complete the registration form below. You may choose the option of paying with check or credit card. Once you have completed the form, return it to your coach or manager.

Participant Information:

Name: (Last)_____ (First)_____

Team Name: _____ Age Group: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Parent/Emergency Contact & Phone: _____

Mailing Address: street _____

City _____ Zip Code _____

Dates / Times of Sessions:

All training sessions will begin the week of February 8 and run through May 13. All on-field sessions will take place on Thursday at Meyer Park field 21. All in-center training sessions will take place Monday through Thursday at Memorial Hermann Sports Medicine & Rehab located within the YMCA @ Branch Crossing in The Woodlands. The program will run for a 13 week period (February 8 thru May 13).

On-field Session Times:

Either 6:10pm – 6:30pm or 6:30pm – 6:50pm. If you choose to participate in either of these speed sessions, it will take the place of your pre-training warm up period.

In-center Session Times:

You can choose to participate either in the 3:30pm, 4pm, 5pm, 6pm or 6:30pm session times. In-center training sessions last between 45-60 minutes.

Session Price:

All on-field sessions are \$6.00 each and run 15-20 minutes each. All in-center sessions are \$37.50 each and run 45-60 minutes. You can choose to participate in 1 on-field session a week or 1 in-center session a week or a combination of the two. See below.

Session Options: please check one

- Option 1: One (1) on-field session weekly \$6.00 ea for 13 weeks Total \$78.00
- Option 2: One (1) in-center session weekly \$37.50 ea for 13 weeks Total \$487.50
- Option 3: One(1) on-field session + One (1) in-center session. \$65.50 weekly
Total \$565.50

On-field Session Times: please check

Thursday: 6:10pm – 6:30pm 6:30pm- 6:50pm

In-center Session Times: please check

Monday: 3:30pm 4pm 5pm 6pm 6:30pm
Tuesday: 3:30pm 4pm 5pm 6pm 6:30pm
Wednesday: 3:30pm 4pm 5pm 6pm 6:30pm
Thursday: 3:30pm 4pm 5pm 6pm 6:30pm

Payment Information: Please make check payable to MHHS

Check # _____ Total Paid _____ Date paid _____

Credit Card Total Paid _____ Date paid _____

Visa / MC American Express Discover

Name on card: _____

CC# _____ Expires: _____

Questions:

If you have any questions about the program, prices or times of sessions, please contact Susan Romero at Memorial Hermann Sports Medicine @ 936-443-7747 or Scott James with TSC Texans @ 281-788-8187. We look forward to the opportunity to work with the TSC Texans this spring.

Please give this completed form with payment to your coach or manager. Deadline to Register is February 8. Walk ups will be accepted as space permits.