

ARC Performance FOOTBALL



OUR PROGRAM

1. ARC Performance programs are designed to address football specific needs.
2. All athletes receive a comprehensive ARC Athletic Profile. This comprehensive functional assessment is utilized to identify weak links in the kinetic chain and develop individualized training and conditioning programs to address these areas of deficiency.
3. ARC's Elite Performance Staff are all licensed physical therapists and/or athletic trainers.
4. In addition to working with area athletes, our performance staff has also worked with athletes from NCAA, MLB, NFL, NBA, MLS, NHL, AFL, CBA and European Soccer.



5. All ARC workouts are individually tailored based on the age, ability, sport and position of the athlete.
6. Football specific testing is used to provide feedback comparing the athletes' capabilities and improvement between first and last sessions.
7. Cutting edge – innovative techniques designed to impact general athletic performance, such as agility, speed, strength, power, first step, reaction, etc.
8. Football specific, position specific strengthening exercises aimed at supplementing and enhancing athletes' school programs through dynamic core development and innovative strength exercises.

RESULTS

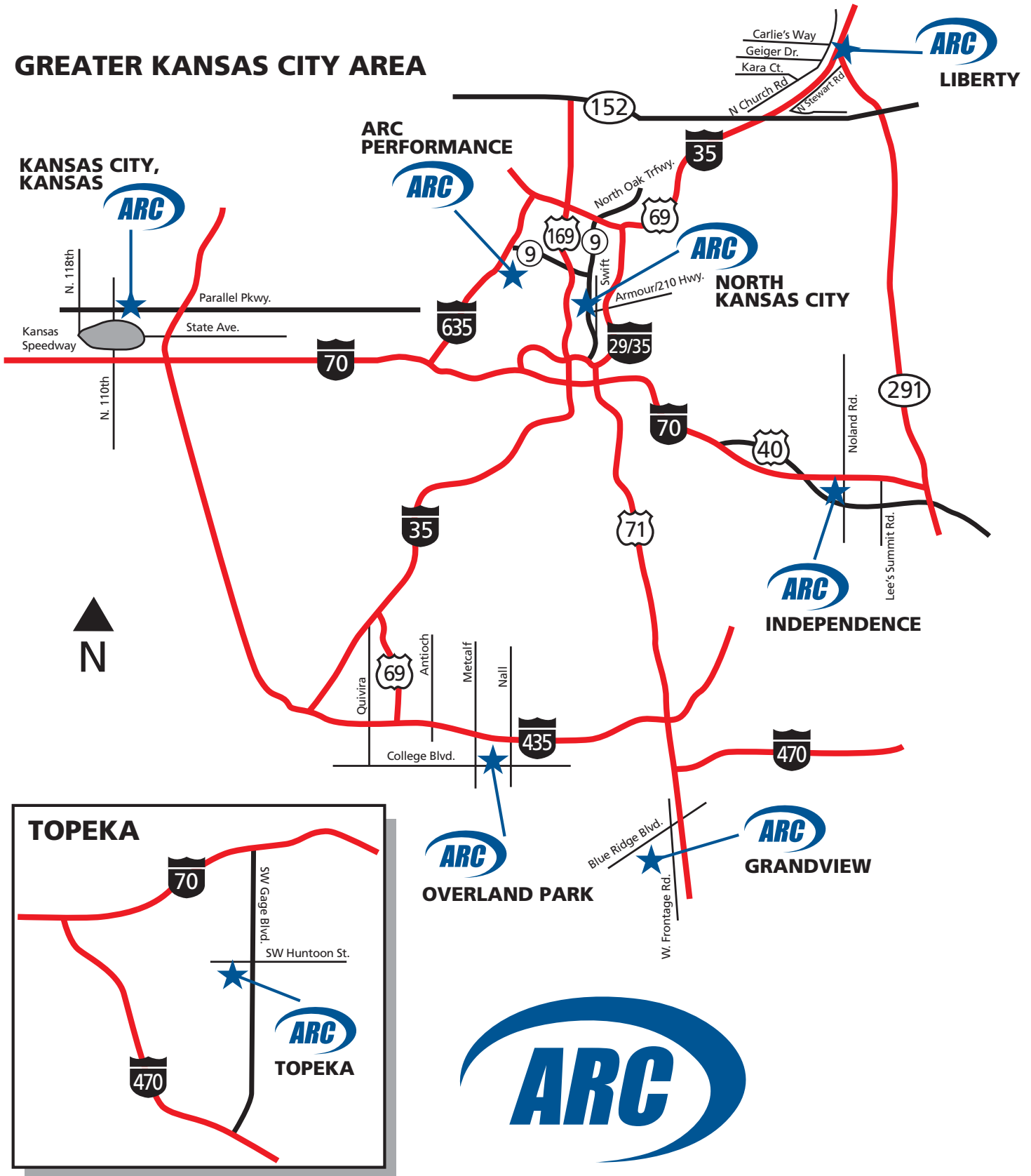
- **Increased quickness off the line** – “Since working with ARC Performance my get off has been better than it ever has been before. I feel more agile which has made me a more aggressive player. My speed has increased and I feel more powerful taking on double teams. The ARC Method works!” *Mike Landry – Arena League Football*
- **Individualized programs**
- **Improved strength and agility** – “The personalized attention to strength and agility that ARC provides allows our athletes to stand out amongst other athletes.” *Coach Hart, Assistant Football Coach, Excelsior Springs High School*
- **Improve combine times** – “Through a short physical evaluation they were able to pinpoint limiting factors in my movement.” *Mark Simoneau – NFL Football*
- **Improved confidence** – “Outstanding professional organization that helps kids become better athletes.” *Coach Brown, Head Football Coach, Excelsior Springs High School*
- **Professionals with superior knowledge** – “I use ARC for their professionalism and expertise of sports training and nutrition.” *Coach Hart, Assistant Football Coach, Excelsior Springs High School*

ARC PERFORMANCE | LEVO Gym | 700 Argosy Parkway, Riverside, MO 64150 | 816.505.4408

OVERLAND PARK | 6362 College Blvd Overland Park, KS 66211 | 913.754.0888

Visit Our Website at www.arckc.com

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IN MISSOURI AND KANSAS**

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