

ARC Performance SOCCER



OUR PROGRAM

1. ARC Performance programs are designed to address soccer 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. Soccer 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. Soccer specific, position specific strengthening exercises aimed at supplementing and enhancing athletes' school programs through dynamic core development and innovative strength exercises.

RESULTS

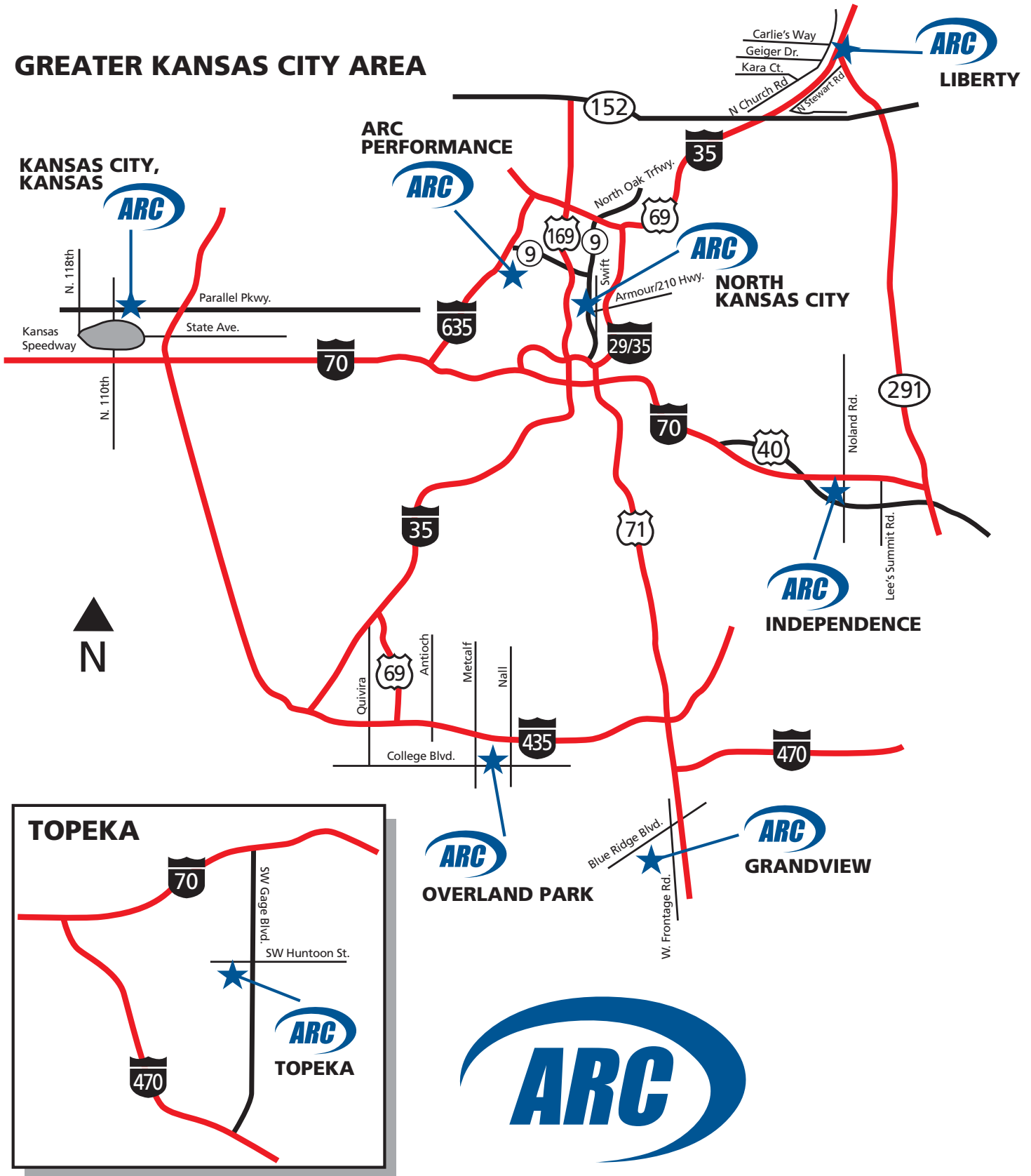
- **Avoidance of soccer related injuries and advanced reconditioning of soccer related injuries** – Chris Klein was the MLS comeback player of the year the year following each of his ACL tears.
- **Improved balance and functional strength** – “Not only has my strength, speed, and flexibility improved, but I have been injury free since working with Doug.” *Kerry Zavagnin – MLS Soccer*
- **Soccer conditioning and Performance Enhancement** – “ARC Performance helped me to prepare for soccer at Aquinas. I am faster and have better control of my body when moving at faster speeds. This stuff really works.” *Claire Pavlovich – Started as a Freshman at St. Thomas Aquinas High School.*
- **Training specific to the sport and individual** – “The ARC Performance staff does a great job of tailoring the programs to meet the specific needs of each individual athlete to reduce risk of injury while improving their performance.” *KC Area Physical Therapist.*
- **Improved overall performance on the field** – “Both of our daughters worked with Doug all through high school and both received scholarships to play Division I collegiate sports. One in Volleyball and one in Soccer. The scholarships saved us a lot of money in tuition fees which more than off-set the cost of the program. But more importantly both of them were injury free through high school and at college.” *Gimmy Ayer – ARC Performance Parent*

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