



Evolution Sports Lab (located inside Grand Slam Sport Center on Jones Bridge Rd) has teamed up with Alpharetta Ambush Soccer Club to offer sports performance training to all Ambush players. ESL's unique soccer program includes instruction on movement training, injury prevention, linear and lateral speed development, foot speed and agility and explosive power development. ESL trainers will closely supervise its athletes through a 16 week series of intense 60 minute training sessions with special attention given to proper technique and safety.

#### Topics

**Speed Training-** Running form/technique, first-step acceleration, quickness, closing speed

**Agility-** Deceleration & change of direction technique, lateral quickness, footwork

**Balance & Stability-** Hip stability, ACL prevention exercises with focus on hamstring & glute muscles

(\*\*especially important for female soccer players\*\*)

**Strength-** Core strength, upper body strength w/ focus on upper back & shoulders, lower body strength

#### **Program Details**

ESL sports performance training program will run concurrent with the spring soccer season. You will be attending one training session per week. Training sessions will begin on Tuesday or Wednesday, February 7<sup>th</sup> or 8<sup>th</sup> and end on May 29<sup>th</sup> or 30<sup>th</sup>. There will be no training during the Fulton County spring break on April 3<sup>rd</sup> and 4<sup>th</sup>. Players will choose one of the Tuesday or Wednesday age appropriate time slots. Players MUST remain in the chosen time slot and day throughout the entire program. NO DROP IN'S WILL BE ACCEPTED. This will be critical in order to benefit from ESL's progression style training.

**COST- \$160**

**TUESDAY SESSIONS: (Maximum of 20 players per slot)**

5:00-6:00- U8- U9

6:00-7:00- U10-U11

7:00-8:00- U12-U14

First session begins on Tuesday, February 7, 2012

**WEDNESDAY SESSIONS: (Maximum of 20 players per slot)**

5:00-6:00- U8- U9

6:00-7:00- U10-U11

7:00-8:00- U12-U14

First session begins on Wednesday, February 8, 2012

## **To Register and Reserve Your Place in ESL/Ambush Performance Training:**

1. Send an email to David Migliore at [dmig@att.blackberry.net](mailto:dmig@att.blackberry.net) with the following information:
  - a. Players name and age group
  - b. Date and time slot requested
  - c. Parent or guardians name and emergency contact phone number.

**Time slots will fill up quickly so respond as soon as possible!**

2. On the first night of training, bring a check made payable to Evolution Sports Lab in the amount of \$160. Credit Card payment is not available at this time.

**\*\*To continue to provide Ambush players with a safe and enjoyable athletic experience, all Evolution Sports Lab trainers have completed and passed the same background check process as Ambush Soccer Club Coaches and trainers.**

**\*\* Private, group or team training is also available upon request outside of this program.**

### **Evolution Sports Lab**

10985 Jones Bridge Rd.

Alpharetta, GA 30022

Located inside the Grand Slam Sport Center

2.2 miles from Webb Bridge Park