



LOUDOUN SOCCER



TRUE AP IMPROVES:

- Speed
- Agility
- Quickness
- Power
- First Step
- Coordination
- Balance
- Overall Athletic Ability
- CONFIDENCE!

Strength and Performance Athlete/Parent Packet



WHAT SETS US APART?

The Most Qualified Staff!

All of our trainers hold at least one certification specifically to train athletes as well as the general populace, and our Management Staff are all certified through the National Strength and Conditioning Association - the most respected certification in our field!

Loudoun Soccer Strength and Performance Athlete/Parent Packet

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Questions? Contact Rob Rose

703.568.5657

rrose@trueap.com

Loudoun Soccer Strength and Performance Athlete/Parent Packet

WHAT SETS US APART?

Personal Attention!

Keeping a low trainer: athlete ratio allows us to properly teach and examine each athlete in our program, assuring the highest quality of training and the best results.

Dear Loudoun Soccer Athlete and Parent,

TrueAP is very excited to be working with Loudoun Soccer Coaching staff and you. We have worked very hard over the last few months to develop a program that will benefit all athletes.

Every athlete will see improvement in all areas of strength and performance and we are VERY confident all will receive great benefits from the program.

This packet will explain the basics of the program; provide some key tools and ultimately what is expected from you this program to succeed.

We look forward to working with you over the next several months and seeing your progress as an athlete and Soccer player.

Again, congratulations and let's get ready to work hard.

Sincerely,

Robert L. Rose, CSCS, CCS

President, TrueAP

CC: The entire TrueAP Staff

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Loudoun Soccer Strength and Performance Athlete/Parent Packet

WHAT SETS US APART?

Cutting Edge!

We use a wide variety of training equipment and the latest training techniques to constantly enhance our program.

About True Athlete Performance

Every athlete has the desire to be the best. With True Athlete Performance, they can improve their maximum potential through hard work, dedication, and a focus on proper form and technique. Established in 2009, True Athlete Performance boasts a management team with over 25 years of experience and an exceptional staff of trainers with degrees and experience in the field of sports performance enhancement. No matter what sport an athlete plays, True Athlete Performance specializes in teaching them how to move efficiently with power and precision, skills needed in any sport. Our programs have been specifically designed to work with athletes of all ages and skill levels to improve performance and ability.

TrueAP Staff that will be working with Loudoun Soccer.

**Rob Rose
Matt Diener
Ryan Williams
Aaron Kildea**

Questions? Contact Rob Rose

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rrose@trueap.com

Loudoun Soccer

Strength and Performance

Athlete/Parent Packet

Overview and Goals

TrueAP is being added to enrich the Loudoun Soccer program that has already had great success. This addition will ensure the improvement and longevity of the program as the Premier Club in the area.

1. **Decrease injuries.** With a focus on overuse injuries such as low back pain and knee tendonitis.
2. **Increase performance.** With a focus on the main dynamics of Soccer: First step, Reaction and Change of Direction.
3. **Decrease burnout.** Our goal is to have each athlete steadily increase their performance throughout the long season. Aug – May.
4. **Increase longevity.** We want to incorporate a program that will keep the athletes on the pitch. By providing a strength and performance program we will decrease the likelihood of overtraining and help ensure our athletes healthy throughout the entire season.
5. **Age Specific.** The strength, performance and flexibility programs are designed based on the age of the athletes with-in each section.
6. **Sport Specific.** Every drill and exercise will be specific to the dynamics of Soccer.

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WHAT SETS US APART?

Sport-Specific!

Our trainers take the time to make sure each drill can be modified or focused to help an athlete with movements they will use in their specific sport!

Loudoun Soccer

Strength and Performance

Athlete/Parent Packet

Keys to Success

Athlete Requirements:

1. Give 100%: Each exercise is designed to challenge every athlete as an individual. The harder they work, the more they get from the exercise. The less they work, the less productive the exercise.
2. Eat right: See TrueAP Nutrition Packet and Guide.
3. Sleep right: The athletes need to get the proper amount of rest for the body to recover, both from TrueAP and soccer practices.
4. Communication: If the athlete does not feel they are progressing properly, they need to express their concerns with their coach **and** TrueAP staff. See #1.

Parent Support:

1. ONE TEAM, ONE GOAL: TrueAP is part of the Loudoun Soccer Team (family) and as a team, we need to be in alignment with our main goal "To see every athlete improve and decrease injury."
2. Visible Support: Help them with their Homework; ask how the sessions are going.
3. Patience: This program is not a quick fix. It will take hard work and time to see the results.
4. Communication: If there are any questions or concerns about this program or anything to do with your athlete, please contact us.

Questions? Contact Rob Rose

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rose@trueap.com

WHAT SETS US APART?

Personal Relationships!

These relationships are not only with the athletes, but with parents, and coaches! We focus on creating a lasting relationship with everyone involved.

COMMITMENT

Loudoun Soccer Strength and Performance Athlete/Parent Packet

Proper Nutrition

TrueAP has put together a Nutrition Information Packet for the athletes. That manual is separate from this packet.

We have provided simple recommendations and sample plans for you. If you have not received the nutrition packet or cannot open the document, please email Rob Rose at rrose@trueap.com.

TrueAP will be working with Loudoun Soccer to provide more detailed nutritional guidance throughout the season.

Please look for New Nutritional Clinics and information very soon.

Questions? Contact Rob Rose

703.568.5657

rrose@trueap.com

Loudoun Soccer
Strength and Performance
Athlete/Parent Packet

Contact Information

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