



JOIN US BEGINNING Wednesdays, JAN 15 – FEB 19 at the Worthington REC Center
WHAT: Special Winter Session \$60 for 6 weeks (incl. in \$60 is *\$25 for Spring Season FMS and more)
WHEN: 7-8pm for U8-U10 and 8-9pm for U11 and older.
WHO: For BOYS and GIRLS in United 94 Soccer.
*Includes a cool Fit 2 Play United 94 T-Shirt.
**\$25 for Spring Season (FMS) – includes all below EXCEPT the Wednesday Night Sessions.

As we continue to develop and refine our 4 Spokes of Player Development (Character, Fitness, Skill, and Game Sense) I can think of no one better than Jeff Turner (and Fit 2 Play) to lead the way with our Fitness Spoke. I know he cares about long term development, injury prevention, and teaching lifetime habits to our young athletes (that will last beyond their time with United 94. Jeff will be joining us in developing curriculum and to offer programming (see below). Take advantage of his experience in developing athletes. For more information on Jeff, please visit www.fit2play.com

The Fit 2 Play United 94 FITNESS SPOKE program will consist of:



1) **Building a foundation of quality movement** based on functional mobility, stability, flexibility, strength, power, and endurance.

It doesn't matter if we have a National Team player or a new to program U8 Academy Player, the first thing we do is see how they move. We have a simple way to measure this with the Functional Movement Screen (FMS).

The FMS will help us:

- discover hidden weakness or imbalances
- minimize injury and promote durability
- create a balanced approach to fitness

A file will be created file for each player. Along with the FMS we'll have functional performance tests (age specific) that will act as markers keeping us on the right track throughout the year. The performance tests are not in place to create 12 year old all-stars, but to make sure we're training the right stuff, at the right time, in the right amount.

2) **Long-term athletic development:** This is about ensuring each player on each team is on the right track. Kids grow / mature at their own pace, not ours. The system will tell us when and how much to adjust each athlete.

Implementation (From Jeff Turner):

- We'll start by screening each team. We'll compile the data and create plans based on what we see.
- The players will have their "to-dos" on their own as well as at practice with their coaches as a team. The coaches will be trained in The Fit 2 Play System.
- The club will have access to me via phone and email. (I've been doing this with my athletes and clients around the world for many years. A lot can be accomplished with a computer and or a smart phone.)
- There will be videos of everything covered.

I met Jeff in 1996 during my first season with the Columbus Crew. Jeff was hired as our sports performance director (after working with players in the first offseason). Brian McBride was one of his most high profile clients during his time with the Crew (and as he moved forward with the National team and Fulham FC in the English Premier League). I have met with Jeff over the last several months to learn from him how to best develop youth players from an overall fitness standpoint. Jeff has come out to pilot aspects of his program with the boys in the first winter soccer session. The feedback has been great! This was be a GREAT addition!! – ROB SMITH