**FX Athletic Performance – Offsite Team Training**

FX provides team training, for select soccer teams, throughout the summer and fall months. Soccer specific strength and conditioning is offered, with soccer skill, injury prevention, core stability, recovery, and educational pieces included in the sessions. We tailor our training to each specific team based on their schedules and needs. Through initial meetings with coaches and sessions with the team, we are able to find what will be most important to focus on, in order to further the success of the team.

**FX Pre-Season Sessions:**

Pre-season sessions are specifically planned for each team. We take into account what the team’s schedule includes, whether they are taking part in strength training, camps, or tournaments throughout the week. We are here to fill in the missing pieces of the puzzle. What does YOUR team need included in their training to help them reach full potential? Do we need to build strength, improve aerobic endurance, increase anaerobic endurance, recover from the previous weekend, etc.? By providing the missing aspects, your team will be more prepared for the upcoming season.

**FX Recovery Sessions:**

It is very important to recover properly following competition. Without restoring and repairing, your body will not be prepared for the next game day. Our recovery sessions take place the day after games, and they are planned to maintain strength and conditioning, as well as to properly rejuvenate the team. We will also include educational information such as nutrition tips. It is a long season, and the longevity of the team and its health and fitness is crucial.

**FX Mini Camp:**

Mini camps are planned specifically for each team. We create a program in order to improve weaknesses and highlight the strengths. This will, ultimately, build confidence. Confidence is the key to success in sports at any level of competition. Mini camps can be 2-5 days long, 1-3 hours per day, scheduled upon request.

**Cost for FX Team Training:** $300 per hour

Thank you, we are looking forward to working with your team!

**Andi Felix**

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