

## COLLEGE SOCCER PERFORMANCE TRAINING

Prepare for the college season!

Learn to train at a high level!

Build confidence!

June 26<sup>th</sup> – August 3<sup>rd</sup>

**\*A 6 Week Program\***

**Who:** Men and women incoming college freshmen to returning seniors

**What:** Strength, explosiveness, reactivity, speed, agility, quickness, anaerobic/aerobic performance

**\*Field conditioning includes work on and off the ball\***

**When:** M/T/Th, 2-4pm

**Where:** MVP Sports Performance Center at Starfire

Address: 14800 Starfire Way, Tukwilla, WA. 98188

**Cost:** \$399 Limited Space Available!

**Registration Contact:** [lmartinson@mvppt.com](mailto:lmartinson@mvppt.com)

### Performance Tools

- Evaluation and Analysis
- Weight Training
- Field Conditioning
- Competition Conditioning
- Recovery Education
- Nutritional Review
- Weekly Performance Review
- Special Guest Appearance

“Going into college prepared physically as well as mentally gives you the best chance at being successful. “

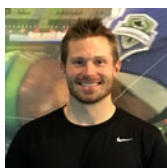
- Jordan Jesolva, Santa Clara University, U.S. Womens Youth National Teams



\*2016 special guest Keelin Winters, Team Captain, Seattle Reign, NWSL

“MVP College Performance not only helped me with my conditioning, but taught me ways to take care of my body, lift more effectively, and keep myself injury-free long term. The coaches bring experience, one-on-one guidance, and most of all, an excitement and passion to get better every session. Thanks to MVP, I had my most successful season yet!”  
-AJ Fisher

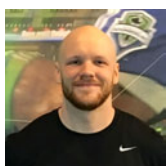
## About Our Staff



**Daniel Hicker**, MS, CSCS,\*D, PES, CES, NSCAA-Premier Diploma

Sports Performance Director

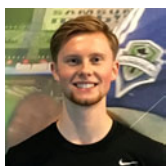
US Soccer Women's Youth National Teams Physiologist (2015-Present), NHL San Jose Sharks, Assistant Strength and Conditioning Coach (2015-2016), Santa Clara University Women's Soccer, Coaching Staff, Director of Performance Analysis, Performance Coach (2012-2015), Trinity Lutheran College Women's Soccer, Head Coach, Instructor of Exercise Science (2010-2011), Pierce College Men's Soccer, Head Coach (2005-2008), USL-W League Bay Area Breeze, Assistant Coach, Performance (2014), ODP Region IV, Coaching Staff (2012-2013), ODP Cal North, Coaching Staff (2012-2013).



**Josh Lundy**, BS, CSCS

Sports Performance Assistant

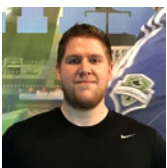
San Jose Jr. Sharks Strength and Conditioning Coach (2010-2016), USA Hockey Pacific District Testing and Support Staff (2013-2016) Captain of Men's SJSU DIII Hockey Team (2011-2015), Peeewe Assistant Coach (2011-2012) Santa Clara Black Hawks Bantam Assistant Coach (2010-2011).



**Luke Martinson**, BS

Sports Performance Assistant

Special Olympics Volunteer Coach (2014-2015), PLU Community Athletics Day Volunteer Coach (2013-2015), Pacific Lutheran University Men's Varsity Soccer (2012-2015), TOPSoccer Volunteer Coach (2010-2012), Tynecastle FC Men's Soccer Member (2010-2012, Snohomish United Men's Soccer Member (2004-2009).



**Zach Lake**, BS, CSCS

Sports Performance Assistant

Personal Trainer at Crunch Fitness, Portland Oregon (July 2016- October 2016), Student Assistant Strength Coach, Concordia University Varsity Athletics (August 2015- April 2016), Strength and Conditioning Intern, Portland State University Football (May 2015- August 2015), ORSU Portland Jester Rugby Athlete (August 2015- May 2016), Concordia University Varsity Shot and Discus Thrower (August 2012- May 2015).