



Professional  
Footballers'  
Association



Manchester  
Metropolitan  
University



# Sports Performance Program

## What is the Sports Performance Program?

The **Sports Performance Program** is a separate and additional program that is open to players who are dedicated to improving their game and gaining a competitive edge (by becoming stronger, more agile, and more explosive etc.). The program is also geared toward helping players prepare for the demands of college-level play. **The Sports Performance program has been designed based on contemporary sports science research, and through the knowledge and experiences garnered by our Director of Education, Paul Mairs.**

Paul, who has a bachelor's degree in Sport Science, a master's degrees in sports and exercise science (gained through partnerships with Manchester Metropolitan University and the UK Professional Footballer's Association), and holds the National Academy of Sports Medicine (NASM) Personal Trainer Certification, has worked with hundreds of aspiring top-level players over the years. This includes players in the professional academies in England, with clubs such as Manchester United, Everton, Blackburn Rovers, and Blackpool FC, as well as with many college-bound players in the U.S. in various states.

The Sports Performance Program is designed to help players improve various aspects of fitness, conditioning and performance; **which relate specifically to the demands of soccer - such as aerobic endurance, anaerobic endurance, muscular endurance, strength, power, speed, agility, and speed endurance etc.** Players will also receive the opportunity to **work with a great team of coaches, receive educational materials related to nutrition, rest/recovery, energy systems used in soccer etc., and be provided with an in-depth individual/tailored feedback throughout the program.**

**"This program will absolutely help players become stronger, faster, and more explosive soccer players. Any players who harbor a desire to take their game to the next level – and gain a competitive edge - should enroll in the program."**

## How long does the Sports Performance Program last?

The Sports Performance Program runs in four 8-week sessions throughout the year. We will run two 8-week sessions in the fall/winter months, one 8-week session in the spring, and one 8-week session in the summer. Players are welcome to attend all four sessions or pick and choose which 8-week block of activities they want to attend. **\*Players will perform some simple baseline tests at the start of the 8-week period – to establish where players currently reside with various markers of fitness, strength and power – and then all players will perform the same tests at the end of the 8 week-period to ascertain how much improvement has been achieved and how much further work needs to be done.**

## Who will deliver the Sports Performance Program?

Former NCAA Division I Standout and Youth Soccer Director Wyatt Scott will lead the Sports Performance Program. Wyatt has a tremendous understanding of what it takes to perform at the highest level of college soccer. Additionally, our directors Paul Mairs and Richard Shaw, who have both worked with hundreds of elite players at the professional, college, and youth levels of the game, will also be on hand to provide specific feedback, data analysis, and guidance to players throughout each 8-week session.

## How much does the Sports Performance Program cost?

The Sports Performance Program fee is \$195.00 for each 8-week session.

To register for the **Sports Performance Program**, please **visit our website:** [invictusfc.com](http://invictusfc.com)