



### Illinois Fusion Soccer

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Normal, IL 61761

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### Athlete Performance Programs at



### Soccer specific training to improve:

- Speed
- Strength
- Flexibility
- Mechanics of Movement
- Self-esteem

For injury  
prevention and peak  
performance!

# Fusion and Sports Enhancement Center team up again!

Illinois Fusion is excited to continue its partnership with the Sports Enhancement Center (SEC) and offer sport-specific performance training to Fusion athletes. SEC is the premier site for performance training in Central Illinois! Boasting two facilities totaling 18,000 square feet, SEC dedicates space to a sports injury clinic, a therapeutic pool, and a multi-sport training facility.

All Fusion programming is developed and implemented by Nate Henry, M.S., the Director of Performance Enhancement and certified strength and conditioning specialist.

Nate and his staff are dedicated to helping Fusion athletes reach their potential by building self-esteem, using injury prevention strategies and training for peak performance!



## Programs

*Wear Fusion shirts and bring running shoes and water*

### Speed and Agility

An 8 week program designed to improve speed and agility. The training focuses on body mechanics, explosive power, core strength, and much more!

Dates: Mondays (06/13–08/01) and/or Wednesdays (06/15–08/03)

Time: Monday: 8:00 am–9:30 am; Wednesday: 4:00 pm – 5:30 pm

Cost: \$100 for 1 session/week; \$180 for 2 sessions/week

\*if you sign up in a group of 4 or more athletes, the cost is \$80 for 1 session/week and \$150 for 2 sessions/week

\*\*alternate times can most likely be accommodated; if needed please include a note with your registration

### Youth Performance Training

An 8 week program designed to improve speed, coordination, agility, and strength for U9 and U10 athletes. The training focuses on flexibility, injury prevention, and drills to optimize neural training.

Dates: Mondays (06/13–08/01) or Wednesdays (06/15–08/03)

Time: Monday: 4:00 pm–5:00 pm; Wednesday: 8:00 am–9:00 am

Cost: \$100

\*if you sign up in a group of 4 or more athletes, the cost is \$80

\*\*alternate times can most likely be accommodated; if needed please include a note with your registration

## Registration Form

\*Group Registration must include at least 4 total group members

### Speed and Agility

Mondays (for group sign-up list athlete names below) 8:00 - 9:30 \$100.00 (individual) \$ 80.00 (group)

Wednesdays (for group sign-up list athlete names below) 4:00 - 5:30 \$100.00 (individual) \$ 80.00 (group)

Mondays and Wednesdays (for group sign-up list athlete names below) \$180.00 (individual) \$150.00 (group)

### Youth Performance Training

Mondays (for group sign-up list athlete names below) 4:00 - 5:00 \$100.00 (individual) \$ 80.00 (group)

Wednesdays (for group sign-up list athlete names below) 8:00 - 9:00 \$100.00 (individual) \$ 80.00 (group)

Total: \_\_\_\_\_

Name \_\_\_\_\_

Birth Date \_\_\_\_\_

Fusion Team \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

E-mail \_\_\_\_\_

**Each class is limited to 30 participants. A waitlist will be created after 30 registrations.**

Mail the completed registration form and payment to Sonya Shoemaker by 06/06/11 at:

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