

Other SuperKick Programs

- **The Skill & Speed System**
 - New Program: Intro to Skill & SpeedGo to www.skillandspeed.com for details
- **TeamZone Field Rental for Team Training (*climate controlled*)**
 - Soccer, Lacrosse, Field Hockey, Softball & Baseball
- **SuperKids Soccer & Fitness for 3-8 Year Olds**
- **Youth 4 v 4 Skill Development Leagues:** (Nov/Dec & Summer)
- **Team & Group Training**
 - Speed, Agility, Quickness, Strength
 - Team Soccer Skills
- **Birthday Parties & Field Trips**
- **Adult Fitness Center**

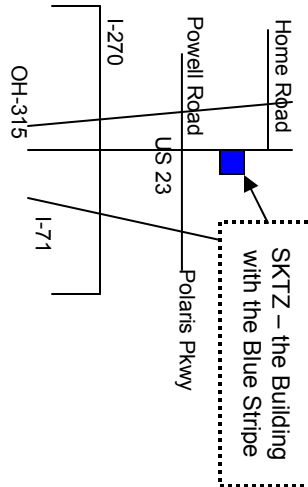
Monthly program provides access to top notch fitness instructor for a fraction of the cost to hire a personal trainer
- **Adult Indoor Soccer Leagues**
- **Coming Soon!**
 - Adult Soccer Skills Program
 - Summer Program Schedule

COMING THIS SUMMER!!!

Youth 4 v 4 Skill

Development League – U9 to High School Age Groups

To register & schedule a Pre-Program Evaluation, call 740-657-8888 today!



409 Orangepoint Drive
Lewis Center, OH 43035
www.superkickcolumbus.com
740-657-8888



WHERE CHAMPIONS TRAIN®

Soccer & Sports Performance Training Programs

409 Orangepoint Drive
Lewis Center, OH 43035
(740) 657-8888

www.superkickcolumbus.com



PLACE
STAMP
HERE

Do you want to become a better soccer player?

Do you need first class Goalkeeper training?

Do you want to get faster, quicker, and stronger?

If you answered "Yes" to any of these questions, SuperKick Soccer & Sports Performance can help you achieve your goals!

SuperKick Columbus Staff

Center Director – David Ridenhour

Ohio State Soccer Player '00-'03 (Captain '03)
Columbus Crew Ticket Sales Manager '04-'06

Director of Soccer Skills Training – Tony Earp

Ohio State Soccer Player '99-'02 (Captain '02)
M.A. Education, Ohio State University '05

Director of Sports Performance – Brian Smith

Licensed Physical Therapist
Certified Strength & Conditioning Specialist
Published Injury Prevention Author

Director of GK Development – Jon Busch

GK for Columbus Crew '02-'06
GK for Chicago Fire '07-Present
(will train at SuperKick during MLS off-season)

Staff GK Trainers

Andy Brinkman (Asst. Coach – OSU Men)
Andy Gruenebaum (current GK w/ The Crew)
Taly Goode (former GK w/ K.C. Wizards)
Kerry Thompson (former GK – OSU Men)
Casey Latchem (current OSU Men's GK)

SuperKick Soccer & Sports Performance Programs

- 70 Minute Sessions •***
- Max 6:1 Athlete-to-Trainer Ratio •***
- Flexible Scheduling •***
- Option to Combine Disciplines***

Soccer Skills Training

Sessions planned to improve:

- Dribbling Movements
- Composure on the Ball
- Passing & Receiving Ability
- Shooting Power & Accuracy

Sports Performance Training

Sessions planned to enhance:

- Speed, Agility, & Quickness
- Body Strength & Flexibility
- Overall Fitness & Recovery

Goalkeeper Training

Sessions planned to develop:

- Ball Handling & Distribution
- Body Shape & Footwork
- Diving Technique & Recovery

General Training Times:

Monday – Friday – 3:30, 4:45, 6:00pm

Monday – Thursday – 7:15pm

Saturdays & Sundays – Training Times Available Based on Demand

Goalkeeper Training Times are expanding. Contact SuperKick for more information.

SuperKick Packages

Gold Package:

\$720 (\$30 per session)

- Pre-program Evaluation
- 24 Intense Training Sessions
- Post-Test Field Evaluation
- Written Post-Program Evaluation
- SuperKick T-shirt

Silver Package:

\$630 (\$35 per session)

- Pre-program Evaluation
- 18 Intense Training Sessions
- Written Post-Program Evaluation
- SuperKick T-shirt

Bronze Package:

\$480 (\$40 per session)

- Pre-program Evaluation
- 12 Intense Training Sessions
- Written Post-Program Evaluation

Iron Package:

\$270 (\$45 per session)

- Pre-program Evaluation
- 6 Intense Training Sessions

Athletes have the option of combining training disciplines in one package. Purchaser may upgrade to next level for difference in price.

1-on-1 Lessons: \$75/session (eff. 2/1/08)

2-on-1 Lessons: \$55/session/athlete

Skill & Speed Program

- Visit www.skillandspeed.com