



ATTENTION: **Commack Soccer League**

SPEED, STRENGTH & AGILITY TRAINING

BENEFITS FOR SOCCER PLAYERS:

Through our years of experience in training athletes of all levels, we understand that the defining moments in sports occur at full speed in a chaotic and unpredictable environment. CATZ prepares both youth and professional athletes to achieve greatness in this environment through our proprietary, highly-proven training methods.

- Increase functional strength to gain position against your opponent and for stronger and longer shots, crosses and throw-ins.
- Improve rotational and core strength for fast and powerful shots and better overall balance.
- Enhanced multi-directional speed and acceleration to reach the ball faster, beat opponents and avoid your marker.
- Improve multi-directional movement to twist, rotate, jump, control, slide, pass and shoot.
- Enhance flexibility for a more fluid and powerful running stride.



"As a pro soccer player I have done all types of speed and conditioning training. However, the training that I have done with CATZ of Long Island is hands down, the best program that I have ever encountered. I credit their workouts to my improved quickness, strength and endurance."

- Mike Palacio, FK Radnicki Obrenovac, Serbian Professional Soccer Team and CATZ Athlete

SPECIAL TEAM RATES FOR COMMACK SOCCER LEAGUE:
16 training sessions for only \$320 per Athlete !

**Gain a Competitive Edge
for the Upcoming Season!**

Training Starts July 5th 2010

(Train 2x/week for 8 weeks!)

Day ,Evening & Weekend classes available!



**Official Performance
Training Partner**

CALL TODAY TO SET UP YOUR FREE TRIAL!

Commack
152 Veterans Memorial Hwy
Commack, NY 11725
631-486-8933
commack@catzli.com

www.catzli.com

**CONTACT JASON TODAY
TO REGISTER!**
Call CATZ of Commack or
E-Mail Jasonr@catzli.com