

TESTIMONIAL - Pius X High School Team Soccer Conditioning

In the Pius Girls Soccer program we constantly evaluate, assess and create goals for our 45-65 athletes. Among other things, we test in events that we believe are soccer related: Pro Agility, 40 Yard Dash, Two Mile Run, Vertical Leap, Squat Max and Bench Max.

In 2004 our team went 21-0 and was considered the most athletic team in the state. That left a lot of work to do in 2005 to get our new group up to the same standards. When we tested in December, shortly before Tiger Coaching began their sessions, we had a long row to hoe. Our times were worse in nearly every category and we weren't as strong as the 2004 team. Now, having tested four months later, **I can proudly say that we COLLECTIVELY cut .19 seconds off our forties. Our vertical increased by two inches on average. Our Pro Agility time went down by over half a second on average, and we cut 30 seconds per player on our 2 mile run. As a team, we also gained at least 35 pounds on our maxes PER PLAYER.**

These improvements mean two things to me: 1.) We are now faster, quicker and stronger than the 2004 team. 2.) Tiger Coaching took our goals for this group and created a system that helped us get there.

I truly believe Tiger Coaching's "Super Ab Sessions" strengthened our girls' cores to a point (which combined with weight lifting) allowed them to reach new strength heights (we broke three lifting records this year alone). I also believe their Wednesday night conditioning sessions brought two things our girls needed: A.) Education on nutrition, mechanics and sleep brought to them by two guys who are on the cutting edge of these issues, and B.) Focused, intense workouts meant to help us achieve our goals.

As a HUGE bonus, Tiger Coaching not only kept every one of our girls healthy, they gave them tactics to STAY healthy. This was and is a huge issue to us because our girls have endured so many knee, hip and muscle injuries from some of the other fitness and training centers in town.

The last point, and maybe the most important from a high school coach's perspective, is that Gary and Matt cared enough about our girls to push them. It didn't seem like a job as they worked our girls out, it seemed like a passion. Furthermore, they were positive with our girls, and started relationships with them that showed this wasn't about a paycheck; it was about each player meeting their goals. After the last session our girls were pumped to hear that Matt and Gary plan on attending some of our games this spring. Again, this goes above and beyond; but this is what Tiger Coaching does.

I'm so happy with the results that I'm recommending Tiger Coaching to my coaching colleagues at Pius.

J.J. Ekeler
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