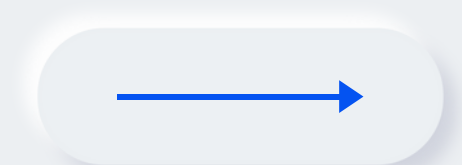


# *Your Team Here* x Ground Force Strength and Conditioning Training Systems

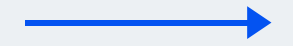




# About Us

Ground Force Strength and Conditioning Training Systems was founded in 2014 with the mission to reduce youth athletic injuries and increase performance through a process we call The Ground Up Method specifically for soccer players.

Now, we have made training available to players with our mobile platform, FULL90+

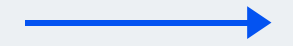




# What separates us from other trainers or companies?

Since 2014 we have helped thousands of players reach the next level in conjunction with recruiters, coaches and trainers.

Our athletes are not only well prepared, they are educated along the way by teaching the athletes about best training practices, and how their bodies require to perform.



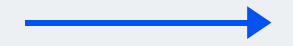


# What separates us from other trainers or companies?

We are the only company in Jacksonville that specifically trains soccer players on strength and conditioning, allowing us to dive into research and applied functional training.

We also were founded on Long Term Athletic Development, a structured system based on increasing athletic maturity, meaning some kids start increasing their physical attributes than others.

For example: A 14 yo player has a 0 training age while a 12 has a 2 year training age.

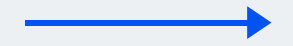




# What separates us from other trainers or companies?

We collaborate with local surgeons, physical therapist and chiropractors on post therapy performance training.

This open line of communication keeps everyone in the loop, and the athlete fully engaged.

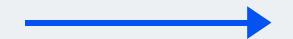




# Where are we located?

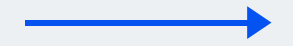
We have partnered with Bishop John J Snyder High School and their athletic department as our primary sports performance center.

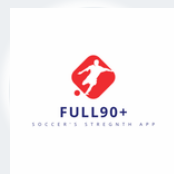
With access to a 2200 sqft weight room, full size Olympic track and two full size fields powered by our trainers we are able to help youth athletes from the greater Jacksonville area, regardless of where they attend school.





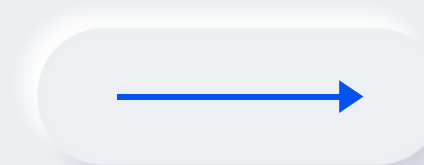
**Changing how soccer players  
prepare for competition  
is of utmost importance.**



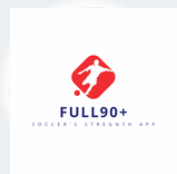


# Hi! My name is James Walsh

Director of Sports Performance  
Certified Personal Trainer  
Clinical Weight Loss Practitioner  
Human Movement Specialist





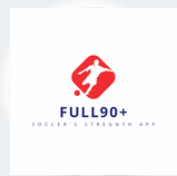


# Hi! My name is Dr. Dan O'Leary

Medical Director for Ground Force  
Strength and Conditioning Training  
Systems.

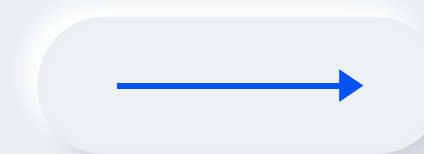
Doctor of Chiropractic, Sports  
Nutrition

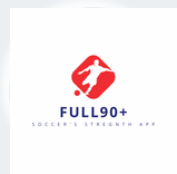




# Hi! My name is Rico Schnitlzer

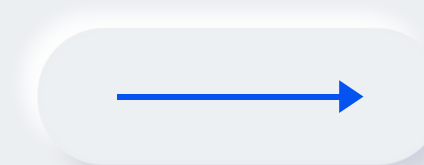
Bachelors in Human Performance  
Certified Personal Trainer

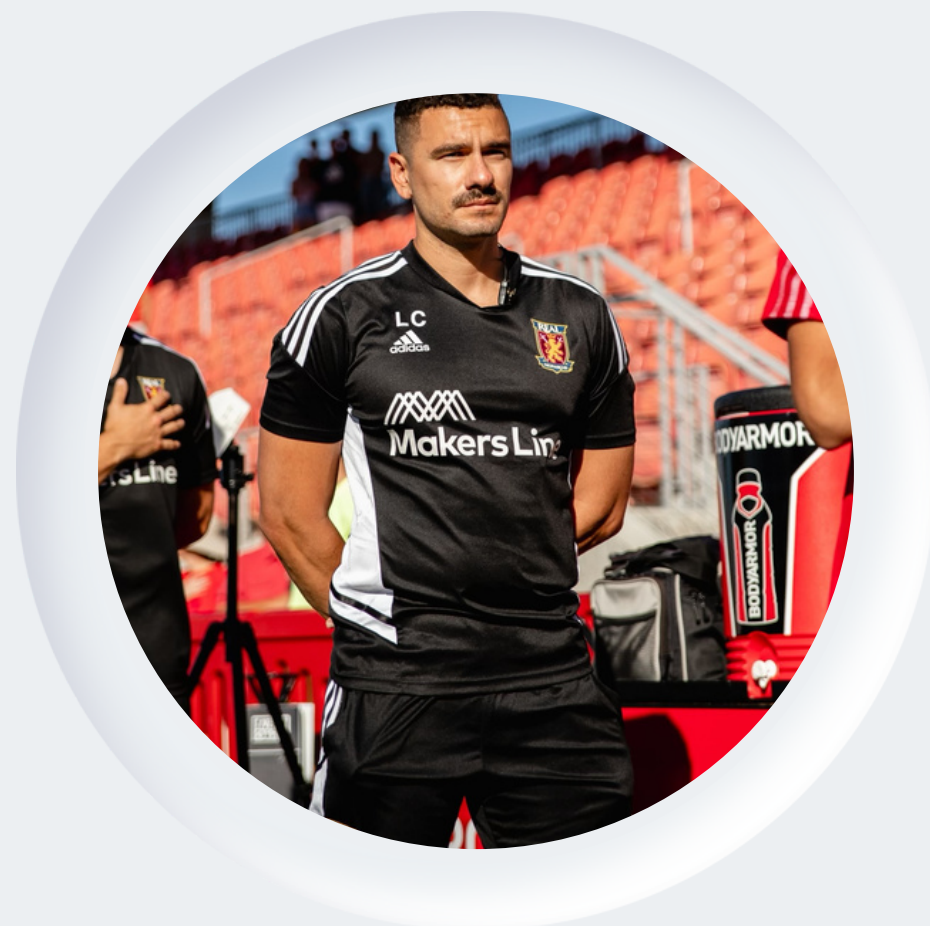
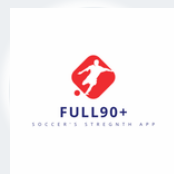




# Hi! My name is Brandon Dayao

Bachelors in Health and Human  
Services  
Certified Personal Trainer





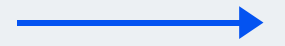
# Hi! My name is Luke Cantin, ATC MS, PES

Bachelors in Exercise Science  
Masters in Athletic Training  
Certified Personal Trainer  
Performance Exercise Specialist





**Cumulative Injury Cycle is our first step to reducing injury and increasing performance by addressing root cause.**

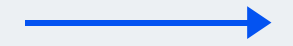




# Our Process

Our process begins with understanding the athlete and their specific needs. Young athletes grow at different rates and have different training ages.

This evaluation helps provide athletes with critical information and help us provide the right type of exercises.





Soccer's Strength and Conditioning Platform

# Sports Prehab or Physical Therapy

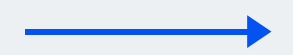
In part of Ground Force's Training Model we take a Proactive Approach to training and Prehab. Today's average Physical Therapy cost per visit is \$75.

09

Physical Therapy's primary function is to restore ROM and stability each limb, while prehab is stability and strength.

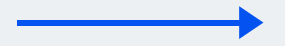
Sports Prehab is used to as preventative tool rather than a reactive tool for muscular imbalances, addressing the individuals needs.

The average cost for a sports prehab workout designed by our staff and approved by physical therapist is \$4.99 ea





**That's we have a dedicated strength and conditioning platform powered by real athletic and personal trainers specifically for soccer players.**

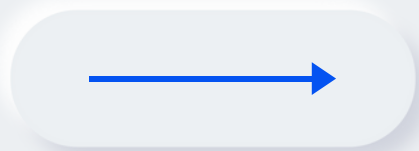
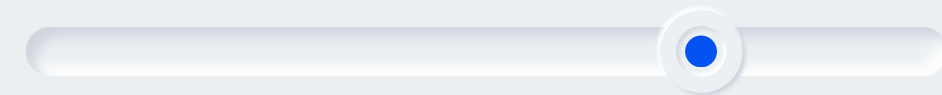
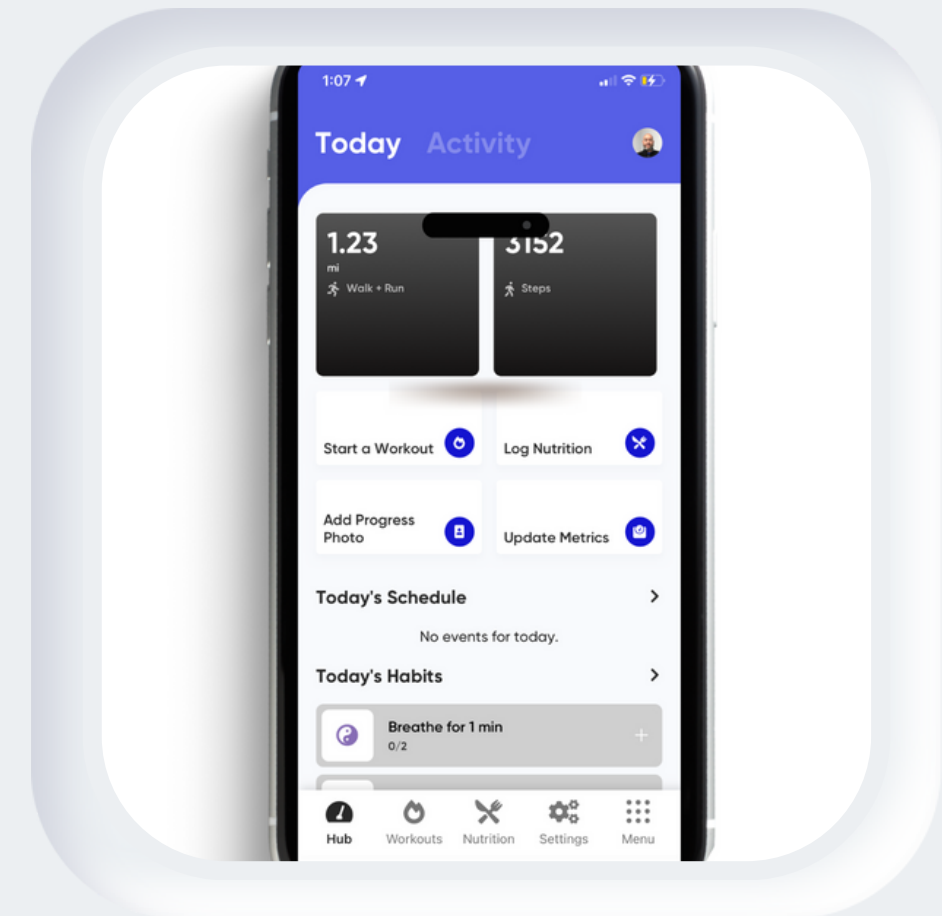


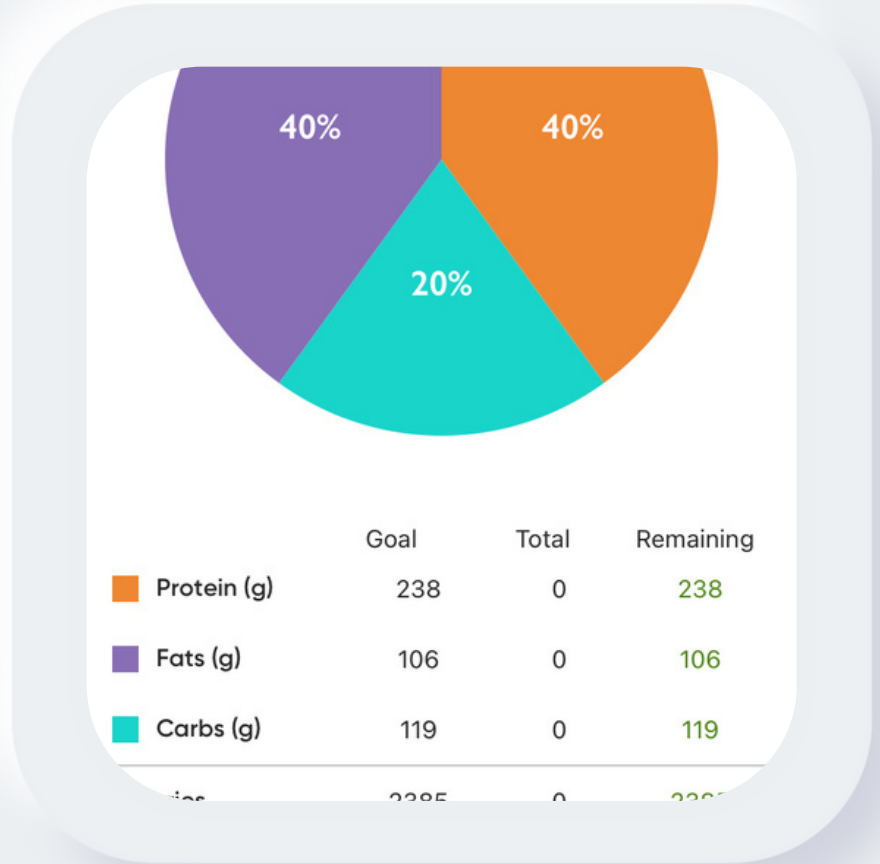




# Dashboard

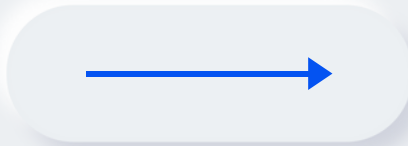
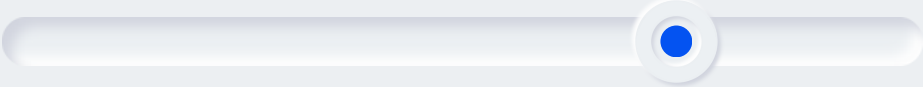
Each player has access to their own player dashboard showing their basic information to reviewing Habit Tracking our unique goal setting tool.

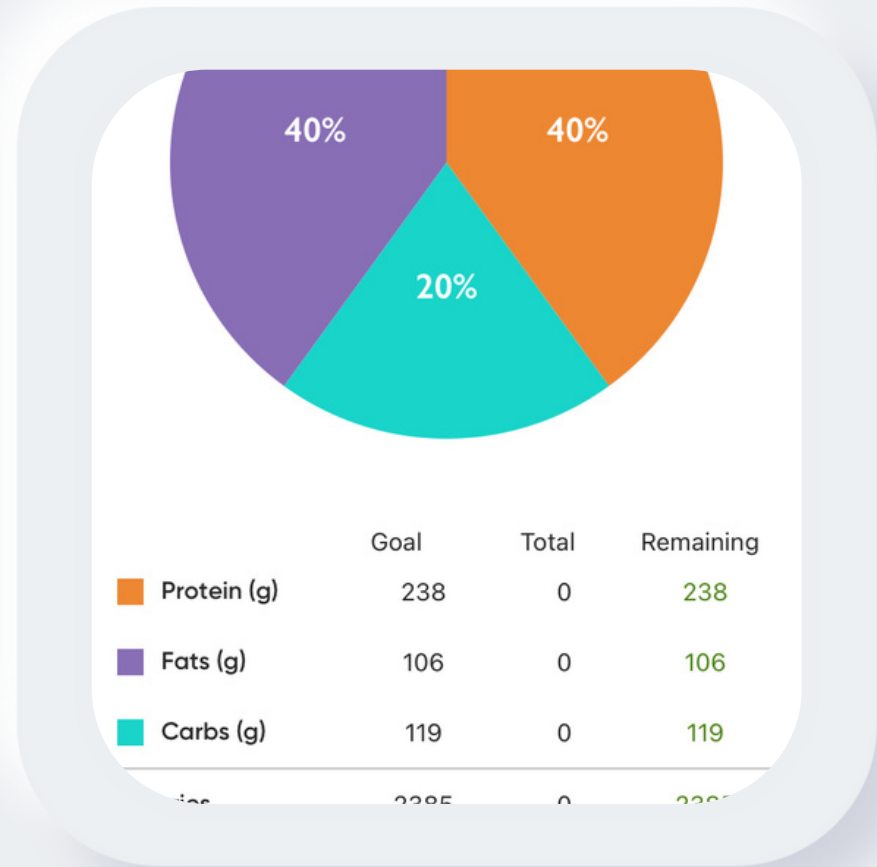




# Sports Nutrition

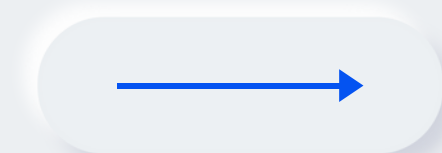
Tracking calories for athletics isn't about vanity more than it is about adjusting needs and becoming aware. Most athletes do not know how many calories they take in or need to perform. A reduction in caloric intake has correlation to increased injury rates.

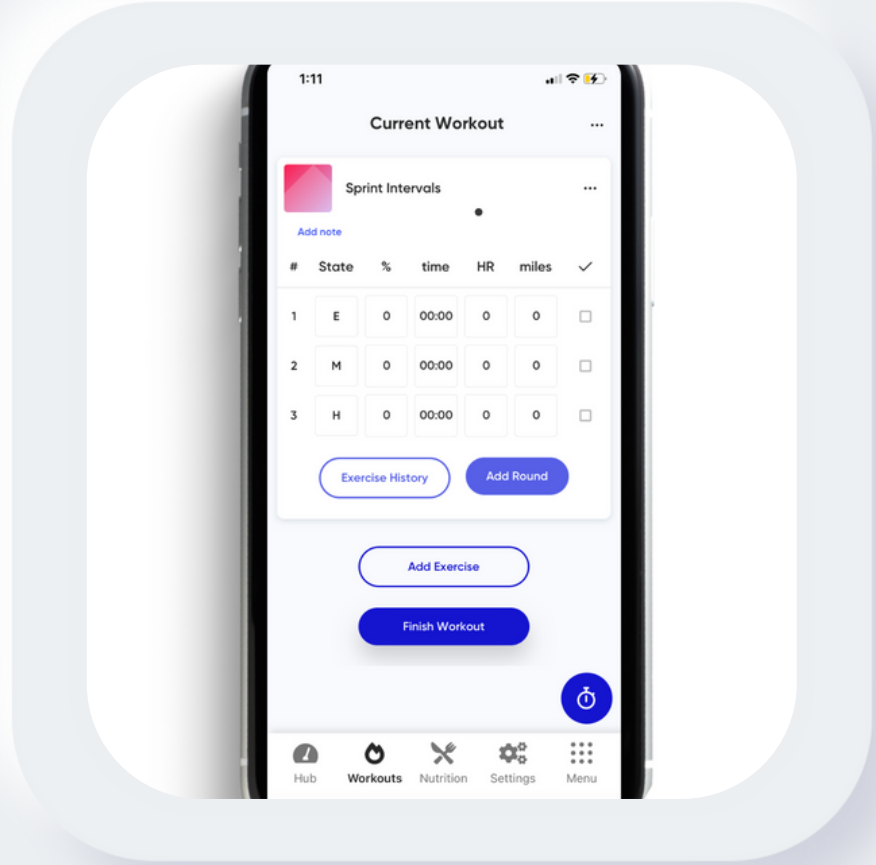




# Sports Nutrition

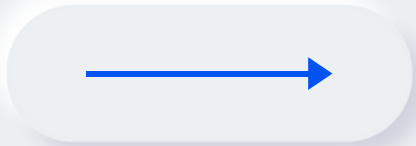
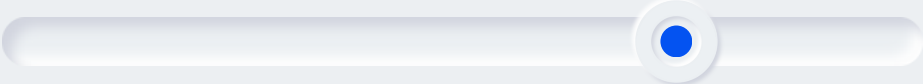
The platform offers the world's largest database that integrates with My Fitness Pal,

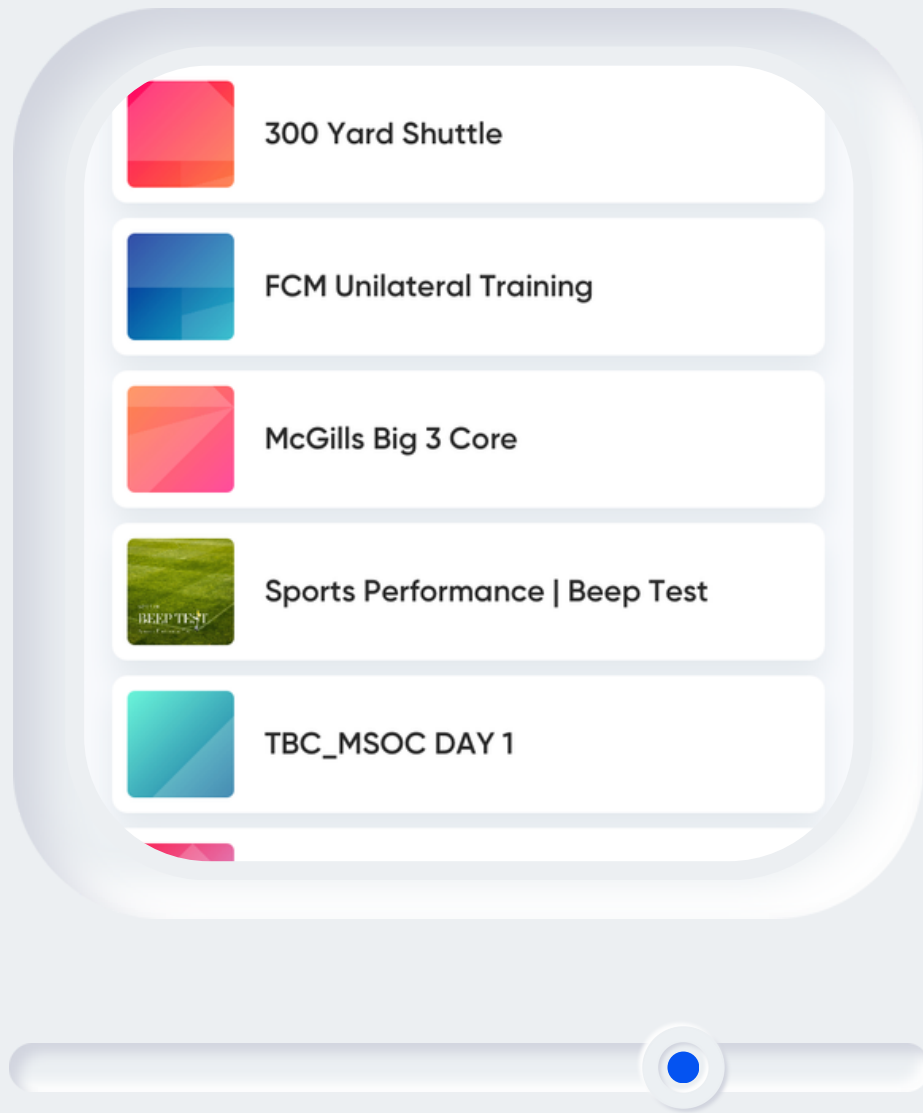




# Volume and Load

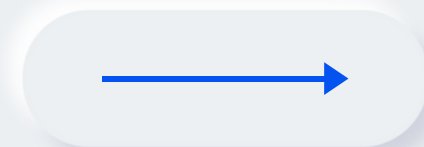
Young players, coaches and sometimes parents misunderstand load and volume when it pertains to strength training. Managing this will help keep athletes healthier.

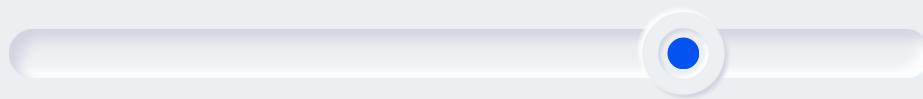
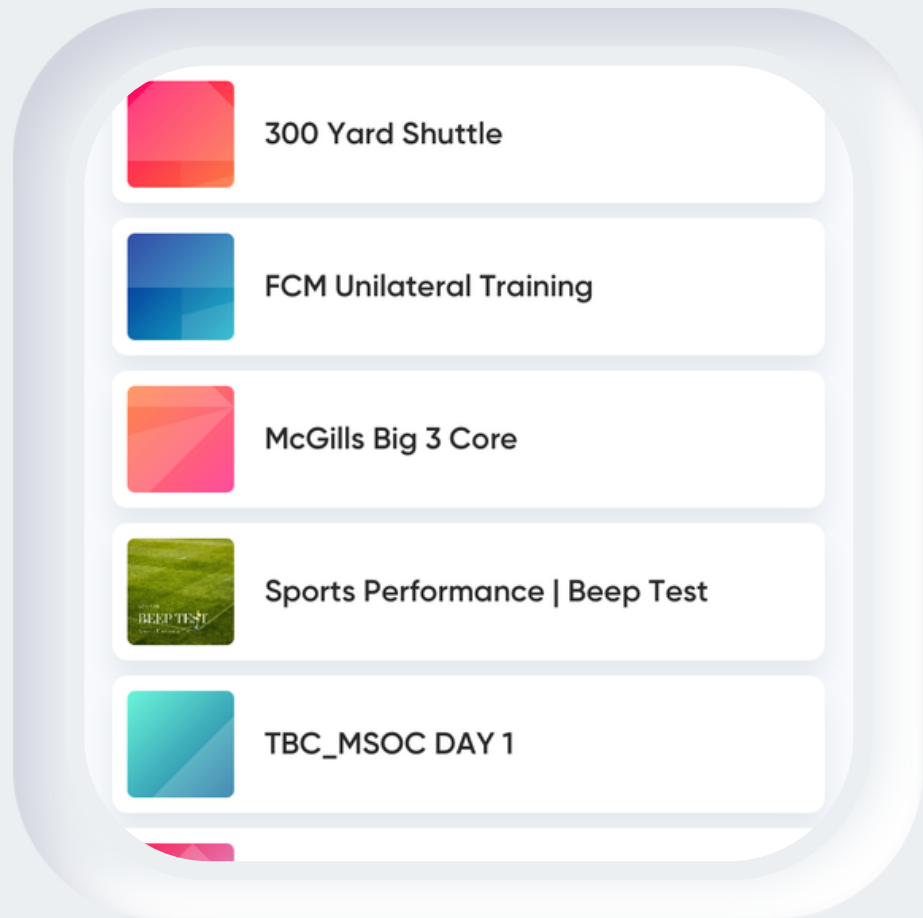




# Sports Prehab Library

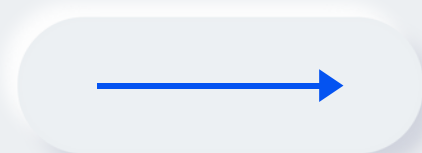
We offer over 50+ Preloaded Sports Prehab Workouts. From Ankles to Shoulders there is workout that addresses most common overuse injuries.

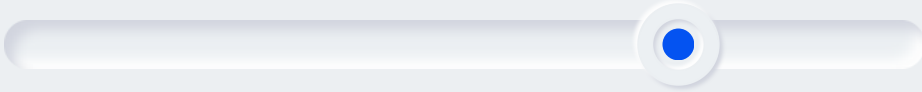




# Sports Performance Library

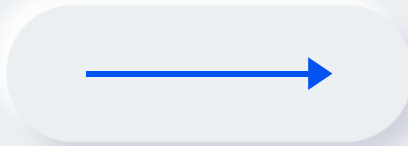
We offer pre-designed training programs for soccer players to choose from.





# Marketplace

In App purchases can be made to meet your specific needs. From one time consultations to adding additional training sessions and even telehealth options.



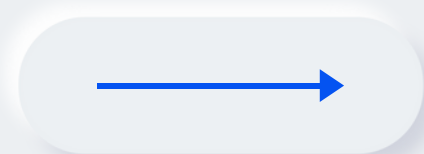
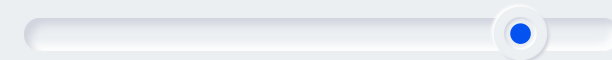
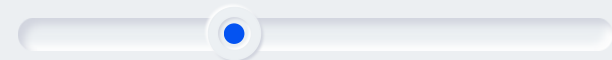


# Recovery

Recovery is the #1 Overlooked Training Tool

Recovery sessions and tools like Dynamic Stretching and Loaded Mobility is a process into increasing performance.

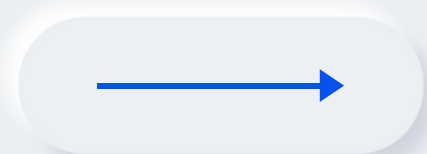
Soreness is the #1 indicator of a poor recovery!!







# Athlete Wellness Questionnaire to help manage player load and wellness.



ing?

Irritable (5)

Less Interested (4)

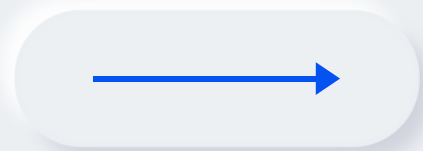
Normal (3)

Generally Feeling Good (2)

Mood (1)

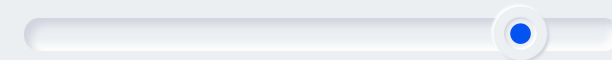
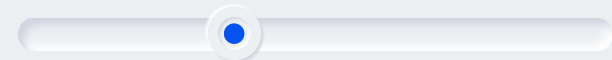


# On Field Support and Training



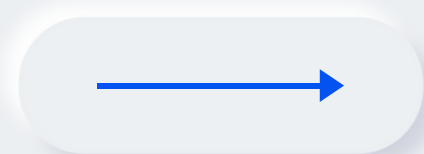


# Injury Prevention



Stimulating the nervous system properly and allowing the muscles to increase in temperature and blood flow.

Our trainers come on site to provide sport specific warm ups, training and even stretch therapy services.





# FAQ Answered

