

Training program highlights:

- Athlete specific training plan coordinated with school plan
- Up to six training days per week AM and PM groups
- Train with like-minded athletes, inspired by professional coaches
- Fuel Plan to meet demands of training, enhance response

**If you want to be a lion,
YOU MUST TRAIN WITH LIONS**

—Carlson Gracie

Our athletes compete at all levels:

OVER 100 colleges and universities represented:

Football	Cross Country
Soccer	Basketball
Volleyball	Baseball
Lacrosse	Softball
Hockey	Swimming / Diving
Baseball	Track & Field
Softball	Tennis / Golf

Major League Baseball (MLB)

Minor League Baseball


National Hockey League (NHL)

American Hockey League (AHL)

USHL, OHL, NAHL, EHL, WSHL

UFC / Bellator MMA

Major League Soccer (MLS)

 Facebook.com/PerformanceCentral.Force

 @central_athlete

Collegiate / PRO PERFORMANCE

COMMIT.

Consult with professional staff to interpret performance, identify athlete-specific training points, and create a training schedule that meets the demands of your sport.

TRAIN

Work with like minded athletes in a coach inspired environment where expectations are high and attention to detail/intensity is even greater. Every training day has an objective that translates to performance.

Prepare.

Learn how accelerate training response and increase readiness to compete. Classroom and training time addresses FUEL, active recovery methods and the other 20+ hours of the day that contribute to your performance.

COMPETE

Establish training habits and a strategy to prepare to compete during the season. Stay connected with our staff to stay strong and adapt performance throughout the year.



SCHEDULE A PROFILE

Contact Kris Lewandoski to create your Profile, develop training schedule, and register for a plan.

PERFORMANCE
Fast. Athletic. Explosive. **Central**

TRAINING CENTER OF



FORCE SPORTS

Kris Lewandoski | Director of Performance | kris@force-sports.com | 440-331-0100 | www.TRAINatFORCE.com