



Loudoun Soccer Partners With TrueAP To Provide Speed and Agility Training

LEESBURG, VA (May, 2017) – Loudoun Soccer is pleased to announce a monumental partnership with True Athlete Performance.

TrueAP will work closely with club coaches and players to provide speed and agility training, performance education, and data feedback. Starting in the summer, there will be a series of Athletic Testing days in which players will undergo a series of strength and conditioning, acceleration, speed, quickness and balance tests to provide a baseline evaluation with the goal of improving performance throughout the year. Several of the clubs programs will incorporate speed and agility and fitness drills into its curriculum, starting in the fall with Travel Training Academy and the Development Academy. These additions have the goal of improving overall athletic fitness and performance of Loudoun Soccer players.

TrueAP and their President Rob Rose have been developing athletes in Northern Virginia since 1997. As an athlete who grew up in Loudoun County (Park View) and went to school in Fairfax (GMU), Rob has a special connection to the development of our local athletes.

Rob and his staff are experts in athlete performance training; TrueAP specializes in teaching players how to move efficiently with power and precision, skills needed in any sport. All TrueAP trainers are certified strength and conditioning coaches from industry leading organizations such as NSCA, NSPA and NASM.

“TrueAP and I are very excited to be a part of the Loudoun Soccer family,” said Rose. “We know that through hard work, collaboration with the coaching staff, and education of the parents, each athlete will be able to reach his or her maximum athletic potential as a soccer athlete. And... have fun doing it.”

On top of providing efficient, effective and sport specific program designs, TrueAP also takes great pride in developing a strong personal relationship with their athletes, coaches and parents.

“We are thrilled to partner with TrueAP,” said Mark Ryan, Loudoun Soccer Technical Director. “The addition of speed and agility training will enhance our player, coach and team performances and we are excited to take this next step to elevate our athletes. We believe that by working closely with TrueAP, our players will see short, medium, and long term advances in their athletic soccer performance.”

More information is available [here](#).

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