



“AOE was designed with the intent of not only augmenting the players technical skills while away from team training, but also to help mold the athletes mentality towards maintaining their physical strength. . I am excited to have SPI involved in presenting AOE, they bring the needed expertise for improving the athlete. . . “

Profe **Desmond Armstrong**
- former Olympic, World Cup Member

AOE

 Academy of Excellence

Representing the next generation of training and development for the individual soccer athlete.

GameSpede.

As you develop and prepare for competition, fuel your performance with **GameSpede**. In one word provide greater focus, intensity, and clarity to your athlete's training.

GameSpede is an attitude and an architecture which seeks to integrate all of the elements of the human equation. GameSpede challenges individuals to internalize and embrace what it means to be an athlete.

Attitude

The mind is the most powerful part of the athlete. Attitude establishes the approach to training and competition.

Speed

Optimum rate of motion. Speed is also the rate of progress, dictated by focus, effort, and passion.

Vision

Create the power of anticipation, providing sharpness in competition and clarity in training.

Visit www.GameSpede.com

TRAIN WITH LIKE MINDED PLAYERS

SUMMER 2010 SOCCER TRAINING

Prepare for Collegiate / HS Season

June 22nd—August 5th

AOE Summer training is geared specifically toward preparing for the fall season. An invitation based program ensures that you are surrounded by like-minded players, representing quality skill development with exceptional tempo of training.

Each training day emphasizes technical sharpness, building anaerobic capacity, tactical principles, and proper recovery.

Fueled by high level coaching and athlete intensity, AOE training environment is second to none.



EXPERIENCE EXPONENTIAL PROGRESS

- High level training tempo
- Enhance sharpness on ball
- Train tactical principles, apply to team
- Increase anaerobic capacity, athleticism
- Gain functional strength and power
- Learn Active recovery methods

REQUEST AN INVITE.

Training: EVERY Tues, Wed, Thurs.

Location: Sport Performance Institute
PSA Campus: Lorain, Ohio

Time: (T/TH 8:30 – 10:00 am)(W 7:00– 8:30pm)

Fee: \$175.00

Send request for AOE Summer Training to:
Everett Palache, Director of AOE
Everett@trainatspi.com—C: 216-214-4626

ESSENCE OF AN ATHLETE