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WHY THE NEED FOR SPEED TRAINING?

Sports are dynamic by nature and are played at various speeds, multiple planes of motion (sagittal, frontal, transverse) and in unstable environments. Functional speed, agility and quickness are critical components in the overall development of a complete athlete. Though only one aspect of sport, speed has been the biggest impact on changing how athletics are played. It is a devastating weapon when utilized and developed correctly. Through biomechanical adjustments, functional movement development, kinetic chain stabilization, integrated flexibility and consistent repetition “playing speed” can be enhanced as well as implemented into any athletic system.

WHAT IS “PLAYING SPEED”?

Unlike track, which is simply a straight-ahead speed sport, team sports consist of short burst, change-of-direction, acceleration and deceleration movements over a constantly changing base of support and often against external resistance (another opponent). “Playing Speed” consists of the following components:

- | | |
|-----------------------|------------------------------|
| 1. Starting Speed | 4. Stopping Speed |
| 2. Acceleration Speed | 5. Change-of-Direction Speed |
| 3. Top-End Speed | 6. Closing Speed |

Each component of playing speed can be encountered throughout the course of an athletic contest based upon the demands of the sport and position and thus, athletes must be skilled and efficient in all areas to maximize performance.

CAN PLAYING SPEED BE TAUGHT?

Improving playing speed relies on enhancing and mastering straight-ahead speed, lateral speed and agility and quickness and CAN be learned and improved by achieving proper muscle balance, core strength, neuromuscular control, reactive neuromuscular efficiency, technical proficiency as well as increased total body strength and explosiveness. With that said, athletes, coaches and parents must understand that genetics, work ethic, coaching, education as well as facilities can also play a role in one’s athletic prowess, speed and strength. Not everyone is going to be capable of running the coveted “4.40 – 40 Yard” time. The goal of any athlete is to enhance their playing speed from one season to the next season realizing that speed is a personal goal and cannot be compared to anyone else. One must also consider that enhancing playing speed is a year round commitment, so the biggest gains are going to come over a course of an entire year of work. Through learning the ability to decelerate, stabilize, accelerate, and change directions without the loss of proper posture, speed, strength, balance or body control, athletes will begin to see a noticeable improvement when they step onto the field and test out in combine drills.

HOW DOES SPEED TRAINING TRANSFER TO THE FIELD?

The ability to transfer what you learn in practice (no matter what skill) to the field of play is termed “transference of specificity” or “dynamic correspondence”. Simply put, one must engage in skills, drills, and techniques that closely mimic the demands placed upon them in their sport. Football by nature requires the athlete to generate maximum rate of force production in all planes of motion and from a vast array of body positions during functional movements while reacting to visual, auditory and kinesthetic feedback without hesitation. Through playing experience, knowledge and empirical science, IPS has developed a time tested, systematic and comprehensive playing speed program that meets all functional football demands a athlete will encounter during a game.

CAMP INFORMATION

DATES & TIMES:

- Tuesday June 3: 6-8pm (1st Session; BASELINE TESTING)
- Thursday June 6: 6-8pm (2nd Session)
- Monday & Thursday (June 17 – August 1): 8-10am
- Wednesday July 3: 8-10am (Replaces Thursday; July 4 Due to Holiday)
- Thursday; August 1: (POST TESTING)

CAMP DETAILS:

- 8 Weeks; 2 Sessions/Week (16 Total Sessions)
- LOCATION: Methacton High School
- TESTING CONSISTS OF:
 - 40-Yard
 - Pro-Agility
- COST: \$200/Athlete
- Total payment of \$200 is due on the first day of camp, which includes all training sessions, and camp t-shirt. Be sure to indicate what size shirt you would like on the CONSENT FORM
- Athletes that do not have their payment and consent form will be unable to participate in the camp until both items are submitted
- Place the check/cash along with the consent form in an envelope
- Checks should be made out to "PAUL MALIZIA"

EQUIPMENT:

- TESTING DAYS: (1st & Last Day of Camp) – athletes should bring cleats and sneakers because testing will occur on the grass and on the track
- EVERY SESSION: athletes should bring cleats, mesh shorts, t-shirts/tank tops, extra socks, towels and PLENTY OF WATER AND SPORTS DRINK (Gatorade, etc.). Hydration begins the NIGHT BEFORE!
- The weather can be extremely hot and humid in the summer and hydration is paramount. Athletes should bring as much water/sports drink as they feel they will need to replenish electrolytes and salts.
- Proper nutrition is also vital prior to coming to camp and should be consumed about an hour or more before camp to provide the necessary energy they will need to last the entire session

CONFIRMATION:

- Please email integratedperformancesolutions@yahoo.com to confirm your registration for the camp prior to the camps start date.

CONTACT INFORMATION:

PAUL A. MALIZIA; CEO, PES, NSSF-PT

Integrated Performance Solutions

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INTEGRATED PERFORMANCE SOLUTIONS
(INFORMED CONSENT)

My participation in this program is voluntary and I may withdraw from the program at any time. The benefits stated with my participation include but are not limited to information regarding my personal state of fitness and the increase of my physiological awareness.

Should I elect to withdraw from the program, due notice will be given to IPS.

I hereby consent and permit Integrated Performance Solutions to use the data obtained in reports, publications, but my identity will not be associated with such data unless express permission to do so has been given.

I understand the testing and the program should not result in physical injury to me. However, I acknowledge the following:

IN THE EVENT OF PHYSICAL INJURY RESULTING FROM THE TESTING, THE PERFORMANCE OF THE PROGRAM, EQUIPMENT USAGE, OR EQUIPMENT TESTING, NO MEDICAL TREATMENT NOR MONETARY COMPENSATION WILL BE PROVIDED BY INTEGRATED PERFORMANCE SOLUTIONS. I MUST CONSULT MY PERSONAL HEALTH INSURANCE POLICY.

I acknowledge the staff of Integrated Performance Solutions understands and relies on all information provided on my medical history before allowing me to participate in any testing and/or program. I certify the information provided on my medical history is to be true and accurate.

(Signature of Participant)

(Date)

(Name: Please Print)

(Street Address)

(Home Phone)

(City, State, Zip)

Minor Consent: I acknowledge that the participant is under the age of 18. I have reviewed the information provided and find it true and correct. I represent that we currently have personal medical insurance and I grant consent for the participant to proceed with the testing and program.

(Signature of Parent or Guardian)

(Date)

PLEASE PUT A ("X") NEXT TO THE T-SHIRT SIZE YOU WOULD LIKE

SMALL: _____
MEDIUM: _____
LARGE: _____
X-LARGE: _____
XXL: _____