



Group Training Program

Incorporates program developed by



KCKicking offers training which incorporates EMVP's Kicking Velocity Program to help its athletes increase strength, endurance and the leg speed necessary to take their kicking game to the next level!



Within your body you have what is called a 'kinetic chain'. The body is made up of joints, bones and muscles that all function together; it is the same idea as individual links in a chain. Each must be strong in order to work properly. For the kicking athlete, the kinetic chain sequence starts from the first push off the grass to the follow through. EMVP's 4 Stage Kicking Velocity Program, with the use of their SureFit Leg Weights, focuses on strengthening this chain piece by piece. They do this by starting the athlete with a functional strength stage; where they perform their actual on the field movements. They follow this with specific exercises selected and compiled by EMVP's team of current and former professional athletes as well as certified sports physiotherapists. By combining functional training, new exercises, commonly used exercises, and specific rehabilitative exercises they are ensuring that our athletes are getting a well rounded workout, strengthening the entire kinetic chain.

SPRING TRAINING PROGRAM

- ✓ (6) 1 hr. group training kick sessions (\$600 value)
- ✓ Incorporates EMVP's SureFit leg weights system during 3 of the sessions.
- ✓ Use of EMVP's SureFit leg weights (no purchase necessary, \$209 value)
- ✓ Admission to Elite Performance Camp – Overland Park, KS (\$295 value)
- ✓ Saturday mornings, 10am - 11am @ Blue Valley Northwest High School, Overland Park, KS – 2/25, 3/11, 3/25, 4/8, 4/22, 5/6 (5/20 make-up date, all welcome!)
- ✓ **Register today for \$599** (Over \$1,100 value)

SUMMER TRAINING PROGRAM

- ✓ (6) 1 hr. group training kick sessions (\$600 value)
- ✓ Incorporates EMVP's SureFit leg weights system during 3 of the sessions.
- ✓ Use of EMVP's SureFit leg weights (no purchase necessary, \$209 value)
- ✓ Admission to Elite Performance Camp – Overland Park, KS (\$295 value)
- ✓ Tuesday evenings, 6pm – 7pm @ Blue Valley Northwest High School, Overland Park, KS - 6/6, 6/13, 6/20, 6/27, 7/11, 7/18, (7/25 make-up date, all welcome!)
- ✓ **Register today for \$599** (Over \$1,100 value)

Register in both programs for \$949