



## **Real Colorado EDGE Soccer Club is excited to announce our partnership with Core Progression Elite Personal Training**

This Fall Season, our 15U-19U Competitive Girls Teams and Players will be receiving on-field training from Arvada-based Core Progression focusing on ACL Injury prevention, explosive strength, and overall body mechanics to help our athletes stay healthy and fit to perform at their highest level possible. 15U-19U Boys will be benefitting from this program in their Spring Season. This addition to the HS age program further illustrates our commitment to providing our athletes the best possible means to succeed both on and off of the field. In collaboration with Ryan Henkel, RCE Club Director 15U-19U, the program will be developed and implemented by Jarrett Crockett. Jarrett Crockett, born and raised in Colorado, received his Bachelors of Science in Health and Exercise Science from Colorado State University. While at CSU, Jarrett developed a passion for helping push athletes of all ages to reach their goals.

After graduation, Jarrett became a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association. Jarrett's background in athletics and sports performance training allow him to bring a unique perspective to his training at Core Progression. Jarrett likes to remind his clients that everyone has a different journey to reach their goals, "Don't compare your chapter 1 to someone else's chapter 20".



Jarrett and Core Progression will begin on the fields the week of August 14. Weekly schedules will be sent out to team coaches and players from Ryan Henkel. For further information or questions, please contact Ryan at [ryanh@edgesoccer.net](mailto:ryanh@edgesoccer.net)