



PIPELINE PARTNERS WITH PERFORMFIT

January 17, 2012

Pipeline Soccer Club is proud to announce that it has partnered with PerformFit Sports Performance and Fitness Training. Pipeline and PerformFit have teamed up to offer "Soccer 360", a soccer specific fitness program. The program was designed by Tim Bishop (of PerformFit) in conjunction with Sean Rush and Santino Quaranta of Pipeline. The program focuses on developing speed, acceleration, power, strength and agility specific to the soccer athlete.

PerformFit is headed by Tim Bishop (M.S., C.S.C.S), former 14 year Strength and Conditioning Coach for the Baltimore Orioles. Tim has a Bachelor's degree in Human Movement and Sports Studies as well as a Master's degree in Exercise Science. He is also a Certified Strength and Conditioning Specialist and Registered Strength and Conditioning Coach, both through the National Strength and Conditioning Association. Tim will work with Sean Rush, President of Pipeline Soccer Club and former professional player in Europe, Brazil, and the United States and Santino Quaranta, Vice President of Pipeline Soccer Club and former Major League Soccer Star and Member of the US Men's National Team.

The "Soccer 360" program focuses on strength and conditioning specific for the demands of today's game. The program will assist the athlete to develop to his or her highest potential. "Not until I played in Europe did I realize what I had missed growing up", states Sean Rush. "It is so important to train to become the total player". "Soccer 360" focuses on soccer specific conditioning. Players do not waste time general conditioning exercises because everything is soccer related from the beginning to the end.

"Soccer 360" will concentrate on specific energy system demands. This is critical for endurance and power sports. The program will follow a progressive approach to training and is designed to fit the needs of soccer players from beginner to professional.

For more information, please contact info@performfit.com or call 410.583.5775