



# TESTIMONIALS:

## **1. John Hall, Chiefs Softball 12U Coach**

“My 12U Chiefs travel softball team has trained at Semper Strong for the past two off-seasons. The physical growth seen in the girls is quite evident and measurable. I was obviously expecting to see the physical results, but the amount of growth I have seen in their attitude and team comraderie has been immeasurable! I highly recommend training at Semper Strong.”

## **2. Amanda Wroblewski, Division II Women’s Soccer - Sophomore, Caldwell University**

“ After working out at Semper Strong, I was at my peak so I was able to play my best and accomplish my goals during my season. All of the workouts that I did at Semper Strong were actually harder than the ones at the college so that made it easier to get through and allowed me to shine while doing them. All of the coaches are great and knew exactly what they were doing making my transition to collegiate sports a lot easier.

## **3. Elizabeth Schook, Parent of Donato & Destiny Schook, North Babylon Varsity Athletes**

The amount of growth I have seen in their attitude and confidence has been immense. The kids were evaluated prior to the program and at the end of the summer with incredible growth. Destiny’s mile time went from a 9:30 to a 6:55 in a two month period. Mrs. Forman made specific workouts to strengthen the areas necessary for the specific sport (lacrosse and softball). The relationship she has had with my kids and the students she trains is amazing. They look up to her as an athlete, teacher, and a person. I wouldn’t send my children to anyone else!!

## **3. John Egan, Varsity North Babylon Softball Coach**

I have had my players enrolled in the off-season training at Semper Strong for the past three years. Within that time, the program has flourished.....3 years ago we made playoffs for the first time in 20 years, 2 years ago we won 17/20 games (best record in all of school history), last season we won the league championship for the 1st time in school history and were a game away from the Suffolk Championship. We have had 6 All-County players in the past 3 years, 5 All Conference, and 3 All League players. The team has exceeded my expectations of hard work during the off-season. They have decided they would like to start their off-season training two months sooner this year to gain even more results than they have. The athletes come into the season in shape and ready to focus on the game and have the strength and fitness level to be able to do just that.

# BEFORE & AFTERS

