



**Premier
Soccer Academies**

**FOR IMMEDIATE RELEASE
September 23, 2008**

**Contact: Craig Umland,
Premier Soccer Academies
440/282-2007
Damien Secord,
BZA-818/462-5614**

Premier Soccer Academies Announces Partnership With The Sport Performance Institute

PSA and Kris Lewandoski To Team Up to Offer Sport-Specific Athletic Training Program To Area Athletes

Lorain, Ohio – Brad Friedel’s Premier Soccer Academies, the first full-scholarship youth soccer academy in the United States, has contracted with Kris Lewandoski, President and Founder of the Sport Performance Institute, to offer advanced training programs for young serious athletes. With similar visions of athlete development and mutual respect of their training and goals, PSA and Kris Lewandoski have been working together over the last year. This partnership provides the opportunity to further integrate training philosophies and athlete development.

The Sport Performance Institute will manage and operate the Elite Training Facility at PSA, providing services (various sports) to athletes, teams, coaches and adults. Services include SPi Performance Training, Foundation Training (12&under athlete), Acceleration & Athleticism, and Team Development. Additionally, SPi will collaborate expertise with Chris Short, PSA-Director of Strength and Conditioning, to provide the highest level of

(Page Two)

training and development to the soccer athlete. SPi also conducts an Athlete Profile to determine the training needs of the athlete. Each program is athlete specific and enhances the individual's GameSpede (www.GameSpede.com).

“We have been working with Kris and SPI for about 6 to 8 months now and have seen up close exactly how he and Chris Short can help athletes of all ages become quicker, faster and stronger,” said Brad Friedel, President and Founder of PSA. “We are delighted to have SPI working together with us in our facility.”

“My training staff and I are very excited to work with Chris, he offers a tremendous amount of knowledge and experience,” says Lewandoski. “I look forward to an outstanding relationship and the training we will bring to the world of soccer.”

The elite training facility of The Sport Performance Institute incites high energy and intensity in a dynamic training environment. From equipment to layout, work-flow to training protocol, every aspect of the training area is designed solely with the athlete in mind. Focused attention to detail, SPi training and staff coaching, combined with world class PSA atmosphere fuels the ability to the absolute best in athlete development. Every athlete/parent/coach will enter and feel the essence of GameSpede, giving them the opportunity for exponential results.

The Sport Performance Institute will be holding an Open House Sunday, October 12th (1-7pm) at the PSA Campus in Lorain, Ohio. Join us for facility tours, giveaways, promotional registration, and more!

Registration for the October training session is now being accepted. For more information please contact SPi by visiting www.TrainatSPi.com or by calling (330/239-2625).

(Page Three)

Athletes in the program will have use of PSA's 5,000 square foot Elite Training Center offering some of the most innovative and user-friendly equipment available for both warming up and strength training. Two companies, STAR TRAC and Swiss TTP, have each donated top-of-the-line equipment that will allow each athlete to maximize his or her strength training potential.

About Premier Soccer Academies

Located in Lorain, Ohio, Brad Friedel's Premier Soccer Academies, a not-for-profit 501(c)(3) organization, is the first residential soccer academy of its kind to offer full year-round scholarships to athletes in an effort to develop the next generation of professional soccer players. Each year players from across the globe, ages 12-17, will be recruited based on ability and skill level, not the parents' ability to pay.

Additional athletic, academic, and health/nutrition programs along with an assortment of different level coaching clinics, will be offered throughout the year targeting all ages and skill levels. Facilities are state-of-the-art and include three and a half soccer fields, indoor fieldhouse, 5,000-square-foot workout facility, student housing and academic learning center. PSA officially opened August 20, 2007 with the arrival of the first class of residency members. PSA's Official Web site is www.gopsa.com.

###