



TWO CURRENT PROJECTS SPONSORED BY FSC-PS CF

The Force 10 Performance Model was created to provide the best affordable, community based, multi-sport training for athletes of all ages and abilities in the world.

We believe in developing better young people by building complete athletes. We do that by training all 10 elements of athletic performance®; speed, strength, power, balance, agility, flexibility, endurance, mind-mastery, fuel and recovery, and injury prevention, in an environment that instills character, positive values, and leadership qualities. Most of Force 10's training sessions cost less than \$10 a training hour.

Athletes train in first-class facilities, with highly qualified athletic performance coaches and programs that keep young players engaged. Watch [short video](#). [Watch More Videos](#)



Between 5,000 and 10,000 players can train each year at a local Force 10 Performance center, in 14 separate training zones which occupy about 15,000 square feet. Despite the high capacity, every training session at Force 10 starts and finishes on time, so parents can depend on Force 10 to help keep their busy schedules manageable.

Two Social Initiative Projects Fiscally Sponsored by Financial Services Coalition – PS CF

Quantum Potential™ is a unique Force 10 training program designed specifically so athletes with intellectual and developmental disabilities (IDD) can have access to world-class training.

Quantum Potential™ keeps athletes with IDD engaged in an environment conducive to developing each athlete's maximum athletic potential, while also focusing on their need for a healthy lifestyle.

Quantum Youth® is a Force 10 social initiative that is being carefully researched and designed to provide practical solutions to the many challenges of youth inactivity, obesity and diabetes.

Based on four cornerstones of education, nutrition, motivation, and perspiration, the **Quantum Youth®** program will be delivered by Force 10 in a non-clinical environment that maximizes the potential for adoption and retention.

Quantum Youth® is not only focused on decreasing youth inactivity, obesity and diabetes; the program also has a strong emphasis on creating awesomeness within a demographic that often suffers from low self-esteem.

"I'm the Director of Unified Champion Schools for Special Olympics National Office in Washington, DC. I'm also an N.F.L. 1st round draft pick, a 10-year N.F.L. veteran, and a former high school coach. From my experience I've seen a lot of great training, but I can honestly say I've never seen better programs or a better training environment for a young athlete than at Force 10.

I'm equally impressed with Force 10's passion and commitment to continue developing programs that include athletes with an intellectual disability. Force 10 America is implementing the first phase of their Quantum Potential Program, a program well designed for kids with ID because it combines athletic training with several healthy living components that are needed for young athletes with intellectual disabilities; hopefully to create a program that can be implemented in other communities in future."
Ray Roberts, National Director, Unified Champion Schools, Special Olympics

CREATE A FORCE®

