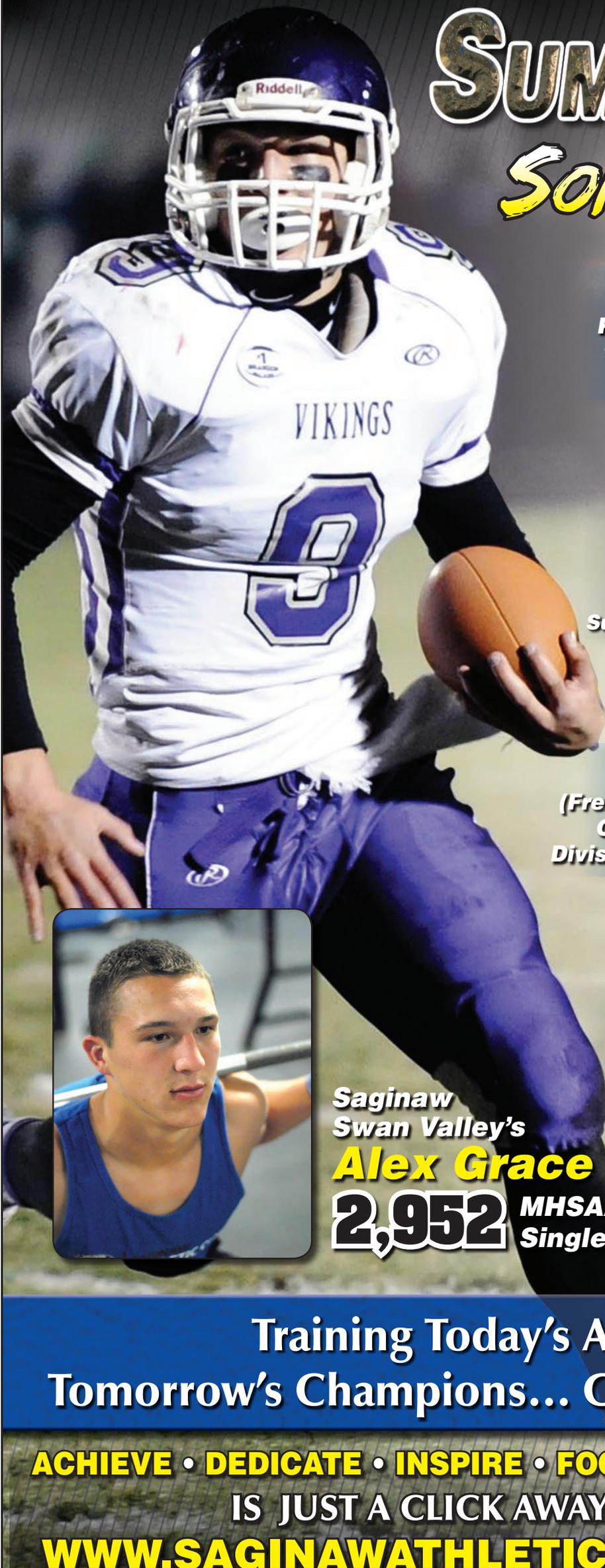


SUMMER READY... SOME ARE NOT!



Tori Jankoska

From Freeland to Miss Basketball
to East Lansing (Class of 2013)...
Hard Work Pays Off



SAC Regulars

Kyle Schemmp And Chris Leibinger
Are Two Hockey Players That Have
Moved On To Next Level After Three
Successful Years Training At The SAC



Makenna McCartney

(Freshman; Saginaw Nouvel Catholic
Central) Sixth Place 2013 MHSAA
Division 3, 500 Freestyle Finals Event



Maya Kipfmiller

(Midland High School)
Pay Attention To This
Flame-Thrower Freshman



Saginaw
Swan Valley's

Alex Grace

2,952 MHSAA's All-Time
Single-Season Rusher



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Tomorrow's Champions... Get Involved

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The Time To Start Is NOW!!!

Attention all athletes! Are you ready to take your game to the next level? Outrun your opponent, jump higher for a rebound, shake off a tackle...If so, the Saginaw Athletic Club is the place for you. We offer the personalized training

earned my Bachelor of Arts degree with a focus in Political Science from Coastal Carolina University, where I also played baseball. While attending CCU, I was requested to attend several "National Training Facilities" throughout the United States. I then became a strength and conditioning coach, United States track and field coach, and United States weightlifting coach (CSCS, USATF, USAW). I travel quite a bit each year reviewing top concerns and techniques for athletes at every level across the country. It is at these facilities that I became interested in developing my own facility. I learned the most innovative and productive means in physical wellness and desired to pay it forward to the community in which I grew up.

We are invested in providing opportunities for the athletes in the community and helping them reach their goals. Our facility allows us to train athletes year round: we have 13,000 square feet of indoor turf, a weight room, a sand pit, and hill training. We have proven training programs that produce great results for athletes in all sports. (See our Q&A section for what the athletes themselves have to say.)

What will you be doing: All athletes will go through strength training and speed / technical training to prepare the body for the ways you want it to perform on the playing field. That is accomplished through our designed programs, which include multiple phases like general prep, high intensity, sport-specialized training. The training tools we use will include sand pit training, hill and interval training, resistance sleds, and more. We are the only facility in the area to incorporate sand pit training, which is used at multiple collegiate professional facilities and is proven to strengthen the feet, ankles, knees – without the impact. Aside from the physical benefits, it also is a great tool for mental toughness. Sandpit workouts are like nothing else.

Preventing Injuries

Another big commitment we emphasize at the SAC is preventing injuries. To prevent athletes from getting injured during training, conditioning coaches must know the correct exercise and lifting techniques and be able to teach them to athletes. The conditioning coach also monitors athletes' general health, sometimes providing nutritional advice or referring athletes to a registered dietitian if they need more sophisticated nutritional counseling.

It seems as though every other person I run into is a "strength coach" or "speed guy," but when I mention the names of Siff, Verkoshanky, or Francis, they look at me with

a blank stare and then proceed to tell me about the kids training with Olympic lifts, parachutes or resistance bands, and whatnot.

Now that I primarily work with high school athletes, my goal is to send them off to college with a solid foundation and the skills necessary to be competent on the field and in the weight room.

Seeing Improvement

I place a premium on speed.

That speed and explosiveness paid huge dividends last season for Swan Valley junior Alex Grace, who broke the MHSAA single-season rushing record with 2,952 yards. Alex came to us last year, and we helped put 15 pounds of muscle on him and helped him become more explosive off the line. His back was junk. We helped strengthen his lower back and he is back on schedule. We helped with his speed. Alex did the rest. The kid is a worker. He busted his butt, and the results on the field showed his commitment to the program.

Alex continues to work hard while showing his leadership abilities at his school and in the weight room.

"It's not more running, but it's more agility and speed work," Alex said. "With most coaches, it was more endurance. But with Coach McGraw, it's more about speed, quick change-over, how quick you can get out of your cuts, how quick you can do everything else on the move, and how you can think while you're on the move."

Brenna Pawelkowski is another one of our athletes who moved on to the next level. She left midway through her senior year at Nouvel Catholic Central High School to get a jump start on her college career at Butler University. We couldn't be prouder of Brenna.

"With most programs, we ran after we lifted," Brenna said. "At the SAC we're running before we lift, which kind of helps, because if you're tired while you're lifting, you get stronger. It's different. I basically like it. You get strong in the lower body and everything else."

If it doesn't help us, it hinders us, and we don't want it on if it slows us down!

Deadline To Sign Up Is June 2nd Limited spots!

Hard Work Pays Off - SAC Athletes at Next Level

Girls Soccer

Abbey Miller (Heritage High School) – Grand Valley State (3-time National Champion)

Brenna Pawelkowski (Nouvel Catholic Central) – Butler University
Kaelin Martlock (Valley Lutheran) – University of Southern Indiana
Kaitlyn Vossen (Midland Dow) – Detroit Mercy
Kristen Tibbot (Midland Dow) – Detroit Mercy

Baseball

Tyler Janish (Whittemore-Prescott) – Oakland University
Grant Miller (Bay City Western) – Western Michigan University
Logan Gatzka (Frankenmuth) – Santa Clara J.C.
Hunter Gatzka (Frankenmuth) – Santa Clara J.C.
Mike Sielenski (Swan Valley) – Fort Scott Kansas J.C.
Ben Finzel (Swan Valley) – TBD

Hockey

Chris Leibinger (Heritage High School) – Traverse City North Stars (Junior A- North American Hockey League)
Muskegon Lumberjacks / Waterloo Blackhawks (USHL) – Michigan Tech University

Kyle Schempp - Traverse City North Stars (Junior A- North American Hockey League) – Sioux Falls Stampede (USHL) – Ferris State University
Devon Williams – Barrie Colts (OHL)
Mike Albosta (Nouvel Catholic Central) – Michigan State- club hockey

Girls Basketball

Tori Jankoska (Freeland)– Michigan State University
Becca Scherting (Valley Lutheran) – Hillsdale College
Taylor Hengesbach (Nouvel Catholic Central) – Michigan State University (preferred walk-on)
Rachel McNerney (Nouvel Catholic Central) – Ferris State University

Football

Josh Schipper (Nouvel Catholic Central) – Ferris State University
Derrick Nash (Carrollton) – Central Michigan University
Darius Price (Saginaw High) – Siena Heights University
Dominick Williams (Carrollton) – Siena Heights University

Boys Soccer

Reece Williams (Heritage High School) – Wartburg College

Track

Ty. Hendricks (Nouvel Catholic Central) – TBD



Former Bay City Western standout Grant Miller has had a solid freshman season this year playing for Western Michigan University. Miller was a member of the Warriors baseball team that won a state championship a year ago. (File Photo)



Performance training offered year-round at the SAC. Facilities include weight room, indoor heated turf area and sand pit training.



Kyle Schempp recently completed his freshman year at Ferris State University. (Submitted Photo)

Kyle Schempp Ferris State University, Freshman (Hockey)

Q: Talk about your experience in your year's of training at the SAC?

A: "I'm about to complete my first year at Ferris State and I believe this summer will be my fourth year of training at the SAC. When I first came here I didn't know a lot about the place, but Ryan got me hooked."

Q: What was it about Ryan's techniques that got you hooked?

A: "First off, Ryan got me hooked on working out. Seeing what he is doing now makes me strive to be better and he really prepares you for your future. The facility is fantastic and I have learned so much and I'm looking



A year ago, Swan Valley junior Alex Grace set the state's single-season rushing record with 2,952 yards for the Vikings. (Scott Keyes Photo)

Alex Grace Swan Valley High School, Junior (Football, Track) MHSAA's all-time single season rushing leader

Q: How did the relationship between yourself and the SAC come about?

A: "Well this is my second summer coming up, and I guess when I decided to start coming here I was a little hesitant in the beginning because people at my school were giving

me crap about going in the beginning. They just thought since Ryan played baseball in college he was just a baseball guy."

Q: How has the SAC helped you in preparation for the grind of a long football season?

A: "I am guessing that Ryan has put about 15 pounds on me



Saginaw Heritage junior Allie Miller has trained at the Saginaw Athletic Club since her freshman season. (Scott Keyes Photo)

Allie Miller Saginaw Heritage High School, Junior (Girls Basketball)

Q: What has the SAC taught you as a student-athlete?

A: "Ryan and the SAC has taught me to push myself and even when times get hard to continue to push myself. I started coming during my freshman year and when I saw the results from my sister (Abby) I knew I couldn't let up"

Q: How much have you grown from your freshman year until now?

A: "A lot. I really have matured since my



Midland High's Maya Kipfmiller has trained with the SAC since last year and has increased her velocity on the mound by four or five miles-per-hour since she started performance training. (Scott Keyes Photo)

Maya Kipfmiller Midland High School, Freshman (Softball)

Q: With this only being your second year coming to the SAC and you only being a freshman, what kind of results have you seen for yourself since you started performance training?

A: "I am a starting pitcher for my Midland High School team and I can honestly say for the first six months I started at the SAC I gained about four of five miles-per-hour with my pitching."

Q: What do you specifically work on with Ryan during your training?

A: "Actually you do everything here. We have different days for different things, but I could see a huge difference in my endurance within weeks of when I first started training here. We even have days where we will only work on our ABS."

Q: What do you think the biggest advantage is coming to the SAC as a high school student-athlete?

forward to continuing the journey."

Q: Talk about the facility as a whole?

A: "Overall it's a pretty awesome place to train. The work out room is pretty old school. There is really nothing new. Nothing that is really eye catching, but it's really gets you prepared for the next level for sure. It's just a great place to work out and learn."

Q: What have you noticed in your results from the SAC during the past few years?

A: "Every summer I have seen results. I have grown and have gotten faster each summer and that has translated tremendously on the ice. Every time I hit the ice I felt that I got better this season."

Q: Talk about keeping your summer routine intact at the SAC. How important is that?

A: "I want and need to come back in the summer cause it keeps the routine going. I know what works. I know what I do here helps me and I know Ryan will make me better in the upcoming year. It really helps when you have competitive athletes all working out at the same time because it really pushes you to the max. It is a really relaxed atmosphere, but we all know when we need to turn it up a notch and the results show."

and it has all been muscle. I became faster and a lot bigger and that helped me tremendously last season."

Q: Do you feel you wouldn't have become a big-time Division 1 recruit if you wouldn't have come to the SAC?

A: "I wouldn't say that, but he has helped me a tremendous amount, by pushing myself to my limits and just making me a better all-around player. He (Ryan) has gotten me physically prepared for the Division 1 level for sure."

Q: How has Ryan and the SAC helped you with your performance as a track athlete?

A: "One thing he told me when I first came in here was that I needed to work on my acceleration. We have done a lot of explosive exercises that have helped me come out of the blocks a lot faster and that helped me a lot on the football field too."

Q: How did that translate on to the football field?

A: "The one thing Ryan told me at the beginning of last season is that if I wanted to get the college coaches to take notice I needed to get separation on the field. When we are talking about separating he is talking about from the time I get the ball I need to separate from the line, through the linebackers and through the secondary and putting at least 10 to 15 yards of separation between myself and everyone else on the field."

freshman year and I finally got out of my box. I became more social and more of a leader. And with all of the success that Abby has had I want to be just as good as her if not better. So that really motivates me. It really pushes me."

Q: Do you get looked at differently on your school's campus because you train at an outside facility?

A: "I guess some people do. Some people ask why I put in the extra work at an outside facility. But my comment to that is that it will help me in the long run and it will help me get to places where I want to go."

A: "I think the biggest advantage for me was the speed training at the high school level. You don't do a whole lot of speed training so by coming here I think I was way ahead of the game speed wise."

Q: What do you think the biggest difference is between Ryan and all of the other coaches and trainers you have been around in the past?

A: "I think the biggest difference is that he specializes training in various sports. So sometimes he has me doing different things I normally wouldn't be doing otherwise. It's those kinds of things that allows me to get ahead of the learning curve."

Q: With all of the other performance training facilities around, how did you hear about the SAC?

A: "My dad was looking around at a bunch of different places. Alec Johnson, who graduated last year from Midland High was the one that told me that he went here and said I really needed to look into going because the training got him way far ahead as well."



Saginaw Nouvel's Rachel McNerney has trained at the SAC for the last three seasons and she admits that she has gotten better on the court every season. She knows she still has a lot of room to improve, but she is getting there. Now that she is heading to college in the fall she realizes that training in the coming months is going to be extremely important. (Scott Keyes Photo)

Rachel McNerney, Nouvel Catholic Central, Senior (Girls Basketball)

Member of NCC's 2013-14 Class C state champion girls basketball team

Q: Talk about your experience in your year's of training at the SAC?

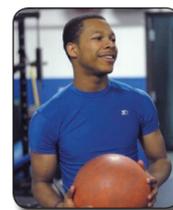
A: "I started coming to the SAC the summer before my sophomore year of high school. When I first came here I was really thin and scrawny. Right now I'm not as built as I would like to be, but coming here helped me a lot. I'm gaining strength every time I come in."

Q: Now that you are heading to Ferris in the fall, what is the work out regimen before college and how does Ryan work that into your work out?

A: "My coaches gave me a work out schedule and what they expect from me and I just gave that to Ryan and all of my trust goes to him and he puts a training routine together for me."

Q: What do you feel you need to work on between now and the time you leave for school in August to better prepare you for the next level?

Andre Jackson, Bridgeport High School, Freshman (Football)



Bridgeport High School freshman Andre Jackson just started attending the SAC less than a month ago, but is already seeing results from the hard work. (Scott Keyes Photo)

Q: In the month you have been attending the SAC what is the one thing that Ryan has told you that has really stuck in your mind mentality?

A: "He has shown me that you don't have to have such heavy weight to do the work out to get results. He says if you put in the time and commitment the results will come."

Q: What have you noticed the biggest physical change about yourself since attending the SAC?

Makenna McCartney Nouvel Catholic Central, Freshman (Girls Swimming)



Nouvel Catholic Central's Makenna McCartney is only a freshman, but her hard work paid off in the fall finishing in sixth place during the 500 freestyle at the Division 3 state girls swim finals. (Scott Keyes Photos)

Q: Talk about your experience your training experience thus far in your career at the SAC?

A: "What makes the SAC so different than the other places I have trained at is the family atmosphere. Everyone here is like family. When I was training at the YMCA it wasn't nearly as much fun training there than it is here. When I left there during workouts I was just mentally tired. Here I leave both mentally and physically tired."

Q: As a swimmer how does your above comment translate into success in the water?

A: "Working out and training helps me

A: "Ball handling, strength and confidence. Yeah confidence."

Q: What is about about Ryan that has allowed you the opportunity to move to the next level in your career. What are a few things that you will take from him and take to college."

A: "Brenna Pawelkowski, (Butler University), who is already in college told me that everything we have learned at the SAC is super helpful in college. Some kids come in blind when they get to college, but I'm confidence I will know what to expect and hopefully have a leg up on the competition when I get there."

Q: How have you seen the results on the court from your freshman year to now your senior year. How has the SAC helped in that transition?

A: "At the beginning Ryan was kind of intimidating, now as a few year's have gone by he's a softy. He's a nice guy. Lifting can be miserable but he really makes it fun."

A: "I have noticed my form has changed and when I increase in weight it gets easier. I have a lot of different people from different schools and it has been a big change for me."

Q: What do you see in Ryan that your coaches might not be able to teach you?

A: "His work ethic is tremendous. He is very social with us, but when it's time to work it's time to work."

build up my muscles and Ryan has a special workouts for me that will help me rotate in the water much quicker. With Ryan's help I have gotten a lot stronger and I have really built my endurance."

Q: What kind of results have you seen since attending the SAC?

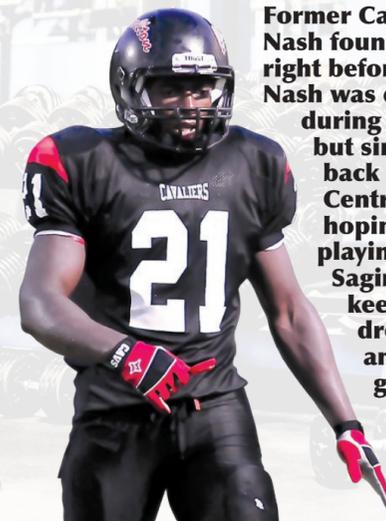
A: Ever since I started coming here I could feel myself and see myself getting stronger. My times have really dropped in the pool since I started coming here."

Q: Do you feel that by coming to the SAC you will be able to take the next step to the next level after high school?

A: "My goal after high school is to swim in college. If I keep training hard at the SAC there is no doubt in my mind that I can achieve that goal."

Former Carrollton standout Derrick Nash found out that he had leukemia right before he graduated in 2013. Nash was down nearly 50 pounds during his chemo treatments,

but since his diagnosis Nash is back on the football field at Central Michigan University hoping to get himself back into playing shape before the fall. The Saginaw Athletic Club helped keep Nash's dream alive and helped get him back into playing shape.





Testimonials

• Once our daughter Brenna committed to playing Division 1 soccer during her junior year of high school, she knew she had to be in the best possible condition in order to get playing time. After looking around at various gyms, and speaking with Ryan and Brooke, the program at the SAC offered all the components she felt necessary to arrive at Butler in game shape. Once at Butler, the first conditioning / weights workout she felt ready to go - all of the things they "introduced" to her she had already been doing with Ryan, and there was no learning curve for her. We, and especially Brenna, have been very happy with the training programs at the SAC and commend both Ryan and Brooke for not only their interest in the kids while training, but also the personal interest they show in their development outside of athletics.

Maureen / Steve Pawelkowski, parents of Brenna, Butler University - Women's Soccer



• Training at SAC prepared me to play Division I soccer at Butler University. I came to Butler halfway through the year, spring semester and was more than prepared much to the surprise of the coaching staff. The environment is one that pushes you to your full potential and will help you reach heights never imagined. The phrase SACFAM is used a lot and it truly is a family. Whether it is coaches or the athletes, they are always encouraging, supportive and promise if you follow their lead you will have the highest possibility of getting to that next level. Ryan has impacted my life and athletic ability tremendously. The Saginaw Athletic Club is well worth the investment. My only regret was that I didn't start sooner!

Brenna Pawelkowski, Butler University Freshman



• The SAC has a cordial environment, great place to come laugh, train and really get after it. The training programs are intense, complex and really prep you for the college level. When I was finally cleared to go to CMU, it was a great feeling knowing I was not only where I needed to be, but actually ahead of some of the kids that stayed on campus.

Derrick Nash, Central Michigan University Freshman

• Our kids have worked with Ryan and Brooke for over two years now and are delighted with the improvements that we have seen in strength, speed and confidence. They relate well to the kids and teach them at an appropriate level. They push them only as far as they should be pushed for their age and work on injury prevention. There are a lot of places that are popping up that offer athletic and performance training. Ryan offers a proven program that not only helps athletes improve their speed, agility, and strength, but also teaches them work ethic, character and mental toughness. We would highly recommend the SAC for any competitive athlete.

Kelly Kipfmiller and Tim Kipfmiller / Parents of Maya Kipfmiller, Midland High Freshman



• Training at the SAC was very different, but definitely helped me at the collegiate level. It was a great experience. I can't wait to come back.

Tori Jankoska Michigan State University, Freshman

• I would like to express my gratitude and admiration for what you are providing at the SAC to not only Michael, Mark, Megan, my niece Tess but for all the friends of my children who have taken recommendations from our family to impact their lives not only positively physically but also mentally for sports and life. I personally have been involved in physical fitness training in a past life and I can say first hand that what you providing is far superior to what anyone else is or has been providing, your knowledge and sincere interest in each of individuals that train with you is extraordinary. I am indebted to you for the insight and preparation you provided Michael while he was training with you; his success in his first year college and on the field playing college baseball ties directly back to you. I cannot thank you enough for what you are providing to the Saginaw community, every one of the kids I know that are training with you express excitement as they look forward to the next workout or life lesson they will experience at your facility.

Anybody that hopes to become something more needs a strong foundation to build upon; Ryan McGraw and the Saginaw Athletic Club provide just that!

Keep doing what you are doing...it is exceptional!

Steve Sielinski / Father of Mike Sielenski Fort Scott Junior College Freshman



• Training at the SAC has taken my game to an entirely different level than before. My feet are quicker, my strength has increased drastically, and its really prepared me for the collegiate level. It's a great environment with great support. I know I can go to them for anything and I will for sure be back whenever I have a break from college. Saginaw Athletic Club is the ONLY ELITE training facility in Saginaw. If you want to take your game to the next level, then I highly recommend you join the SAC community and become a SAClete. Thanks Ryan, Brooke, and Aaron!

Josh Schipper (NCC)- Ferris State University Freshman

• A dream doesn't become reality through magic; it takes sweat, determination, and hard work." I have been a member at the Saginaw Athletic Club for 3 years. Within those 3 years I was given opportunities that I have never imagined. Through training and commitment I was finally able to reach goals and make a name for myself. Likewise, the Saginaw Athletic Club workouts have brought my game to the next level. They have helped me gain attention from collegiate coaches and allowed me to continue track and field past high school.

Moreover, I enjoy the Saginaw Athletic Club because of the facility and people around you. Their facility is amazing because you can train year round. One of my favorite amenities is the indoor heated turf field; can it get better than that? Furthermore, the trainers and staff are phenomenal. You mean more than just another individual. You get to know them on a more personal level and you're always greeted with a smile. Training means business but they make it comfortable and open to you.

Tyler Hendicks- 2013 200M State Champion (NCC) USA Junior Olympic Qualifier (Track and Field)

• Being a parent of two young girls is a challenging responsibility in today's world. Wanting the best, keeping them focused, and raising them to become responsible young adults is what every parent wants for their children. At a young age both daughters showed a desire to be athletes. In 2010, my oldest Abbey, was given the opportunity to play soccer at the collegiate level. It was apparent then, she needed to prepare herself for playing at the next level. At that time the Saginaw Athletic Club opened their doors. The SAC was a very friendly and professional athletic facility where my daughter could be challenged in a structured, developed, and professional fitness training program. The trainers, led by Ryan McGraw, at the SAC developed a specific training program tailored to her needs as a goalie for Grand Valley State University. When she left for college in the fall she was physically and mentally prepared for college sports. Each summer thereafter, she returned for a well-designed summer fitness program that always took into account any physical injuries or hurdles that needed to be addressed. By continuing her training at the SAC Abbey prepared herself for whatever opportunities that may be in front of her. In her senior year, she became the starting goalkeeper for Grand Valley State. She would not disappoint herself or her team. In her senior year Abbey led GVSU to its third NCAA Division II national championship with a 22-0-1 record and 0.16 goals against-average ranks second all-time in Division II.

My youngest daughter Allie, who is a junior at Heritage High School, has the same desire to play in college on the hardwood. She has been the starting point guard since her freshmen year in high school. Brooke Meunier took special interest in Allie, since she had excelled in basketball all the way through college, and has trained her in all aspects of the game, the physical challenges as well as the mental challenges. The team at the SAC has trained her since her freshmen year. They have tailored her training while in season as well as training in the off season. During the off-season, they have developed an athletic training program that has prepared her for the demanding physical play in high school basketball, that allows her to perform on the court as well as protecting her from injury.

As a parent, I am glad there is a facility like the SAC. A team of experts that will help guide my daughters as they mature and grow as young adults. Finding good role models in today's world is not always easy. It is apparent to me that the SAC has the right kind of people. They not only talk the talk but also demonstrate to them what it means to be an athlete, hard work, dedication, focus, and a commitment to excellence, as well as understanding that they someday may be a role model and must hold themselves to a higher standard. The cost of trainee is one thing the cost of developing young responsible adults, PRICELESS!!!

Bruce Miller / Father of Abbey and Allie Miller



Former Heritage standout Abbey Miller helped Grand Valley to its third Division 2 National Championship last fall. (Submitted photo)

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