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The kids in the Valley need your help! Childhood obesity and Type II Diabetes are on the rise and with kids doing year round sports, sports' injuries are up as well. Our mission is to help educate and empower our kids to the benefits of proper exercise and nutrition as well as reduce the risk of injury through our camps and coaches clinics.

With the economy as it is, PE at some schools has been cut to once a week or some just once a month. This only makes the problem worse. According to the American College of Sports Medicine, "Fifty percent of all youth sports injuries could be prevented by a proper strength and conditioning program." There are over three million young athletes hurt every year in sports.

This summer, Strength of America is celebrating 27 years of training children here in Arizona. We have helped over 15,000 kids here in Arizona, but we have a long way to go. There are many more who need help and we are grateful for your interest and in helping in this mission.

Shamrock Farms has stepped up to the challenge and is helping sponsor our spring and summer camps. We are pushing a campaign of "Eat Smart, Train Smart". We all understand it is important to workout and eat right, but how many of us know what that really means? We want to help families understand how to make their time more efficient when working out to achieve their goals in the shortest amount of time. Excess calories that aren't helping us, lead to obesity and heart disease. Just an extra 500 calories each day is one pound of fat a week, that takes about 32 miles of running a week to remove that! We would rather teach our families how to "Eat Smarter" for increased energy and recovery than how to work harder in their training. "Smart Training" is about efficiency and injury prevention while at the same time, doing drills to reduce the risk of knee injury and increase performance! This is a great time to piggy back on our current promotion for your business. We want local businesses that share in our mission and show families they care about their kids.



As a Company Sponsor, Your logo will appear on the following;

1. 500 Summer Camp shirts
2. Strength of America website
3. Strength of America Facebook page
4. Strength of America Newsletter that goes out to over 4000 families every two weeks, with tips on proper nutrition, exercise and promotions from our sponsors.
5. We need your logo and sponsorship ASAP, to be included in all our promotion throughout the year.
6. We will have over 16 Free Camps and Clinics throughout the Valley in 2017. Here are a List of some of the Camps and Clinics that kids and Coaches will be able to experience:
 - a. How To Increase Vertical Jump
 - b. How to Increase Bat Speed
 - c. How to Increase Football Speed
 - d. How to Increase Soccer Speed
7. Each Camp will also include:
 - a. How to Eat for Performance and Recovery
 - b. How to Reduce the Risk of Injury

The ACL Injury Prevention Clinics for Coaches, parents and athletes are a big addition to our program as well. Your sponsorship will also help us provide more free clinics to help our participants realize where they have potential injury areas and how to help prevent them. Longevity in sport is our first concern. These clinics are held at local schools, parks and Boys and Girls Clubs. Our audience must be educated on the importance of proper mechanics to keep their bodies safe and increase performance. Your logo will be displayed predominately at every event we host throughout 2017. We are very excited to partner with Mesa Community College and AzHPE (Az Health and Physical Education) to help spread the word and educate our families of Arizona at our clinics around this great state! This will be another great exposure for your company.



Another great group we have been very involved in are the awesome kids and staff at Sunshine Acres Children's Home in Mesa. We have over 50 of their kids taking part in our program every month and they are thriving. :-)

"Three of our daughters have been involved in the Speed and Agility program at Sunshine Acres. All three made physical gains, but more importantly, they learned how to push themselves. Disadvantaged kids often struggle with the ability to "do hard things" and this approach can help teach them the value of doing difficult things."

Adam Houghton
House Dad

"I just wanted to thank the team from Strength of America. It was such a privilege for my children and so many other to get the proper experience training with your team. Even though I heard many children say it was tough they also said they enjoyed it very much. I saw several children on the acres making better choices when it came to their eating habits. Also today when they got their results of how they tested they felt really good about their accomplishments. I witnessed several of them looking at their sheets and Being excited about what they had done. One of the students who struggles with being over weight is so excited to have lost 10 lbs. He told me how much better he feels and is looking forward to losing more weight. Two of my daughters who took the class didn't miss a class they were very excited to go everyday and it definitely taught them so much. Because of the results they had one of their other sisters would like to do it with them next time. Thank you so much for allowing the children to take the Speed and Agility class at Sunshine Acres. You truly are making a huge difference in these children's lives. God bless you and your family."

Sincerely,
Jim and Shiela Juchs
Sunshine Acres House Parents

"Coach Davis has worked with both my son and my players over the last couple of seasons and I have seen them develop from long limbed awkward moving kids into confident striding athletes , it is with great pleasure I recommend the Strength of America program to athletes at all levels."

- Coach Erik Ness

"We were very fortunate to have a friend recommend Strength of America to us. Bob and Sandy Davis and the rest of their team have made significant impacts on our kids lives. It started with our son, they helped him on his form and body position which helped improve his times and heights in the agility tests. They emphasize correct form for all their exercises and lifting; this produces maximum sustainable performance and injury protection. We were so impressed with the results we started sending our daughter to them for training. Their work help improve her club gymnastics performance and continues to pay dividends in her basketball and track. They helped correct bad form in both our kids running which created a solid foundation to build strength and performance on.

Strength of America is a positive influence in many on kids in other ways as well. They motivate with positive reinforcement, teach them to lead by example and help younger or inexperienced students and teach nutrition and good decision making. As parents we tell our kids to eat better, but our kids listen to coaches more. For example our son has not had caffeine since Bob talked to him about it over 5 years ago.

After our son's knee surgery he was released by the physical therapist. Based on my experience I did not feel he was fully recovered and he still had pain so we sent him to Strength of America. Bob measured range of motion, muscle mass and strength and determined he was not ready to be released. After only two weeks his range of motion was back, most of the muscle was recovered and the pain was gone. It has been two years of high school athletics and no knee problems since! I am confident we could not be saying that if we would have returned him to practice and competition without Strength of America.

Strength of America has helped our booster club raise funds by hosting camps at our campus. We opened the camps to the public for all age kids and had off season coaches send their athletes as well. This was a win-win for coaches, kids and our booster club.

Invest some of your kids time in Strength of America, the dividends will continue to pay for years. We fully support them as parents, boosters and coach."

Greg and Liz Land 480 988-2674

We have 3 sponsorship opportunities for companies or individuals; see attached sponsor sheet for details.

From the Strength of America staff and the kids and families here in Arizona that we will reach, we thank you for your consideration,

Bob Davis
Founder-Strength of America since 1989
Strength and Speed Coach for Red Mtn High School in Mesa 2012-15
AzNSCA Board Member 2012-14
Former Strength and Speed Coach for the University of Nebraska 1985-89



2017 Sponsorships

Who is Strength of America?

Strength of America was founded by Bob Davis in 1989 to help reduce the risk of sports injuries in our young athletes. After having 3 shoulder and 4 knee surgeries by the age of 21, he realized there must be a way to prevent these injuries. Working as a Strength and Conditioning Coach for the University of Nebraska, he found the answers he was looking for. He and with his wife Sandy, started Strength of America almost 27 years ago. After helping more than 15,000 young athletes here in Arizona, we now want to help even more kids throughout this great state but we need your help.

Benefits to the 2017 Sponsors:

*Sponsorship "Thank you letter from Strength of America

*Listed on the SOA Webpage and camp pages

*Valuable exposure within the community at the several events we host monthly around the state; Coaches clinics, Injury Prevention Clinics, Speed Camps, High School Training Camps

Silver Sponsor Receive

*Name and link on the SOA Website

*Listing in the twice monthly newsletter distributed to over 4000 families in the Valley

Gold Sponsors Receive:

*Name listed on Camp t shirts of over 500 athletes and coaches

*As well as all clinic information to coaches, parents and athletes.

*Plus everything listed in the Silver section

Select SOA Sponsorship:

Gold \$500

Name(Company or Individual)

Silver \$250

Address

Thank you Amount
(Whatever you can help with)

Payment method: online or check

City, State Zip

strengthofamerica.us select Sponsorship.

Please make checks payable to;

Strength of America

Attention: Bob Davis

3048 N Ravine

Mesa, Az. 85215

Phone Number

Website/email if company sponsor