



Chargers SC at Lakewood Ranch  
**Contact:** Antonio Saviano  
**Phone:** 910.231.1070  
**Email:** LWRChargers@ChargersSoccer.com

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### **LWR CHARGERS SC PARTNERS WITH POSITIVE SPORTS LAB**

**LAKEWOOD RANCH, FL** – The Lakewood Ranch Chargers SC is committed to motivate and help our soccer players reach their full potential on and off the field. As part of this commitment, the LWR Chargers SC is excited to announce a partnership with Positive Sports Lab.

Positive Sports Lab utilizes some of the most innovative solutions in speed, strength, nutrition and recovery. Positive Sports Lab was founded by Jason Riley. Some of Jason’s workouts have been profiled in Yahoo Sports, ESPN and *Men’s Fitness* magazine. They will develop personalized training programs for our soccer players that include strength, speed & agility, recovery, injury prevention and nutrition protocols. Positive Sports Lab strives to promote a holistic approach to training that will improve athletic development, decrease injury potential and prepare athletes for glory on and off the field of play. Thru a positive attitude and a positive work ethic we all can positively impact those around us.

“Sports science is helping players increase their performance and reduce injury and by partnering with Positive Sports Lab we will bring these winning strategies to our program and our players with the goal to increase performance and help reduce risk of injury,” said Antonio Saviano LWR Chargers SC Technical Director.

Jason earned his degree in exercise science from the University of Nebraska-Lincoln and served as the school’s athletic trainer for over 2 years. He also served as a Graduate Assistant Strength Coach while taking graduate courses at University of Nebraska – Omaha. In 2000, he moved to Bradenton, Fla., and took up residence at the IMG Academy. He quickly rose up the ranks and became the associate director of performance at its International Performance Institute. During his career, he has worked with elite athletes as they prepared for the NFL Scouting Combine; MLS players like Freddy Adu, Josie Altidore and Brek Shea; Tennis stars such as John Isner, Maria Sharapova, and Tommy Haas; and with baseball players like Derek Jeter, Ryan Howard, and Dexter Fowler to name a few.

“The Chargers Soccer organizations is a staple of the Lakewood Ranch community. To partner with them and help influence and develop their athlete’s athletic potential is truly a blessing and we look forward to the opportunity!” said Jason Riley Director of Sports Performance.

Space will be limited for our players so please email to find out how you can be part of this incredible opportunity.

#### **About the Lakewood Ranch Chargers Soccer Club**

The Lakewood Ranch Chargers Soccer Club is an extension of the Chargers Soccer Club that began in the 1970’s in Clearwater, Fl. The club has seen steady growth over the years in Manatee County. The Lakewood Ranch Chargers Soccer Club prides itself on its dedication to every player’s individual and team goals, and encourages all players to strive to achieve those successes throughout their youth soccer experiences and beyond. The club instills values of teamwork, discipline, commitment, respect, and leadership which together help build confidence in its players and create opportunities for healthy living and academic achievement. The club calls the Premier Sports Campus at Lakewood Ranch home.

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