



MAXIMUM VELOCITY FC
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Maximum Velocity FC Partners with Portsmouth Judo Club to Offer Athletes Specialized Strength and Agility Training

Dover, NH, January 5, 2017 - - Recognizing the importance of cross-training to athletic success, Maximum Velocity FC will now offer Judo instruction through Portsmouth Judo Club to its high school level soccer and futsal players. Beginning this winter, a specialized martial arts class will be incorporated into their training.

“We know that strength and agility are key ingredients to success in player development,” said Maximum Velocity FC President Geoff Carlton, “and Judo is the perfect sport to attain these as well as improve balance and prepare for in-game contact.”

Over the last several years, competitive soccer clubs, including Maximum Velocity FC, have been focused primarily on player development. But this is the first time soccer and futsal players will be purposely exposed to a completely different sport in order to build specific skills and strengths previously not attainable through traditional training. “Being the first in our region to provide access to this kind of training is consistent with our historic commitment to maximize the potential of our athletes and provide them with exceptional instruction,” said Akan Ekanem, Maximum Velocity FC Director of Player Development.

Judo was created in 1882 in Japan by Dr. Jigoro Kano and has been included as a competitive sport in the Olympic Games since 1968. Consisting of throws, takedowns and grappling, Judo has many athletic benefits including increased strength, balance, and stamina. Mental benefits include self-discipline, confidence and stress relief. “Judo training has long been known to compliment many sports, including wrestling and gymnastics. Any athlete looking to improve strength and balance would benefit from the practice of Judo,” said long-time Portsmouth Judo Instructor John Nelson, “we are excited to have Maximum Velocity Soccer and Futsal players joining our classes.”

About Maximum Velocity FC

Maximum Velocity FC (MVFC) is a 501(c)(3) non-profit, club sports organization that focuses on developing the U9 through U19 Futsal and Soccer Players. MVFC is a member of the New England Premier Futsal League and associated with US Futsal and the New Hampshire Soccer Association. For more information about MVFC, visit www.mv-fc.com/, find us on Facebook or e-mail Geoff Carlton at geoff@mv-fc.com.

About Portsmouth Judo Club

Portsmouth Judo Club is the oldest continually running martial arts club in New England. Established in 1953 in the Connie Bean Center in Portsmouth, NH, the club found its way to Dover in recent years and is currently located at 115 B Industrial Drive. The club offers world-class Judo instruction to all ages. For information, please e-mail us at info@portsmouthjudodojo.com, find us on Facebook or check out our website at www.portsmouthjudodojo.com.

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