

Naples Soccer Academy Launches Summer of Strength Program for Female Youth Athletes

In total, the program includes 29 gym-based training sessions and 10 field-based technical sessions, for a total of 39 high-impact sessions

NAPLES, FL, UNITED STATES, April 16, 2025 /EINPresswire.com/ -- [Naples Soccer Academy](https://www.naplessocceracademy.com/) (NSA), a club-neutral 501(c)(3) non-profit dedicated solely to advancing female youth soccer training and development in Southwest Florida (EIN-99-2663889), is proud to announce the launch of its Summer of Strength program - a comprehensive 9-week strength and skill development program designed specifically for youth female soccer players.



Naples Soccer Academy Corporation 501(c)(3)

“

The Summer of Strength program is the next step in our commitment to developing strong, resilient, and high-performing female athletes. ”

Jason Gruner

Registration is now open:

<https://form.jotform.com/jasontgruner/NSASummerofStrength>

The program features:

- Three weekly gym sessions focused on plyometrics and strength training
- A youth-specific nutritional meal program tailored for female athletes
- One field session per week focused on technical skills and

game development

Athletes will benefit from:

- Improved muscular power and explosiveness- Enhanced neuromuscular coordination
- Increased lower-body strength and stability
- Reduced risk of injury (especially ACL-related)
- Increased bone density
- Proven psychological benefits related to physical performance and confidence

In total, the program includes 29 gym-based training sessions and 10 field-based technical

sessions, for a total of 39 high-impact sessions. Training will be held in a state-of-the-art gym facility located just half a mile west of I-75 off the Corkscrew Road exit. Field training will take place at North Collier Regional Park (NCRP), a premier sports venue in Southwest Florida.

“The Summer of Strength program is the next step in our commitment to developing strong, resilient, and high-performing female athletes. It represents NSA's ongoing mission to deliver elite-level development opportunities in a club-neutral, athlete-first environment that empowers girls both on and off the pitch.” - [Jason Gruner, Executive Director, Naples Soccer Academy](#).

About:

Naples Soccer Academy (NSA) is a club-neutral 501(c)(3) (EIN-99-2663889) nonprofit, dedicated solely to advancing female youth soccer training and development in Southwest Florida. NSA provides elite-level soccer instruction led by collegiate and professional athletes, with a mission to empower youth female athletes both on and off the pitch.

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