

Team USA “Recovers” the Gold Medals World Junior Nationals

Canton, OH – In the birthplace of football, the Team USA Junior National Team (Age 17-19) out played the best the world could throw at it in an 8 team tournament spanning through June 26th to July 4th. It was truly a landmark event for the American team – what better way to celebrate our America’s birthday then to see a 5 star performance in our national past time. Some other firsts include the team composition of top notch talent all entering their first year of scholarship college football. The roster was all composed of blue chip recruits who needed to perform above and beyond the call of duty and win three games in eight days. This was uncharted territory – Team USA greatest achievement lies in their accelerated recovery between practices and games.



Head Coach Chuck Kyle knew how to build a culture of discipline that produces championships. He’s coached 10 high school teams to the apex of high school football glory, a coveted big school state championship. As he accepted the duties as the leader of the Team USA Football, he was fully aware what was needed to win. “We had to play 3 games in 8 days – we were placed in a unique situation. From the American football perspective this is unheard of. Some of the other countries (Germany, Sweden, etc) are accustomed to playing multiple games in a week,” admits Coach Kyle. To provide a recovery solution, Coach Kyle turned to ZoneReady.

Remember this was an All-Star team. Coach Kyle tells the story: “We had kids coming in from all across the country – and to be honest, some of them had never had to do anything with respect to weight training, or recovery, or nutrition. But I’ll tell ya – with out exception, once a kid tried one of the ZoneReady programs they were committed.” These programs became part of the new culture that Coach Kyle and his staff of elite high school coaches instilled in their players. It seamlessly integrated into their practice and active social/medial calendar to give cutting edge programs and tips to the athletes in the areas they needed most, especially when it came to recovery. Coach Kyle elaborates, “Truth be told – we recovered better than they [the other teams in the Junior national tournament] did! From game to game – our guys had a spring in their step, they stayed aggressive, we stayed hungry. We won the recovery game!”



The results were impressive – the ZoneReady program was a valuable contribution to the outstanding job of the Team USA Football staff. All this was accomplished without one member of the ZoneReady staff ever setting foot on the practice field, or weight room, or even the state of Ohio. Coach Chris Gizzi of ZoneReady explains: “It’s our newest and most versatile coach on staff. The site – it’s amazing, it can be anywhere and is always accessible. What www.zoneready.net gives us is a secure platform to customize training for any team or organization. The written program, the video, everything a coach needs can be there at a click of a button, 24-7.”



This personal touch was just what Team USA needed to solve their recovery question. Coach Kyle proclaims, “ZoneReady helped us in many aspects: weight lifting, nutrition, hydration, and especially active recovery. The recovery part had the biggest impact. We had no pulls and stayed injury free throughout two weeks of double session practices and 3 full games. The programs were easy to follow through the printable documents and the videos were extremely helpful.”