

# bios:



## Mark Williams:

Mark has been a highly respected Strength and Conditioning Coach for over 10 years, during which time he has worked with athletes in every sport – developing his own unique philosophy on how to achieve peak performance while reducing the risk of overuse injuries.

Over the past decade, Mark has worked with soccer athletes at all levels of the game from club to the professional level. His high profile clientele includes such notables as Tim Howard (Goalkeeper of US National Team and Everton FC), MLS athletes, Jon Conway and Juan Pablo Angel, MLS athletes, Heather O'Reilly (WPS and US National Team), Nikki Krzysik (WPS and US U23 National Team), and Karina LeBlanc, Goalkeeper for the Canadian Women's National Team.

Mark was the Strength and Conditioning Coach for the New York Metrostars (currently NY Red Bulls) for three seasons, the WPS Champion NY/NJ Sky Blue in 2009 and the New York Dragons of the Arena Football League for 3 seasons.

Mark's programs are offered one-on-one, in small groups, and to entire teams to effectively integrate the ability to perform the skills of the sport for optimum performance and the avoidance of injuries. Mark also provides second phase rehab programs for injured athletes preparing to return to play.



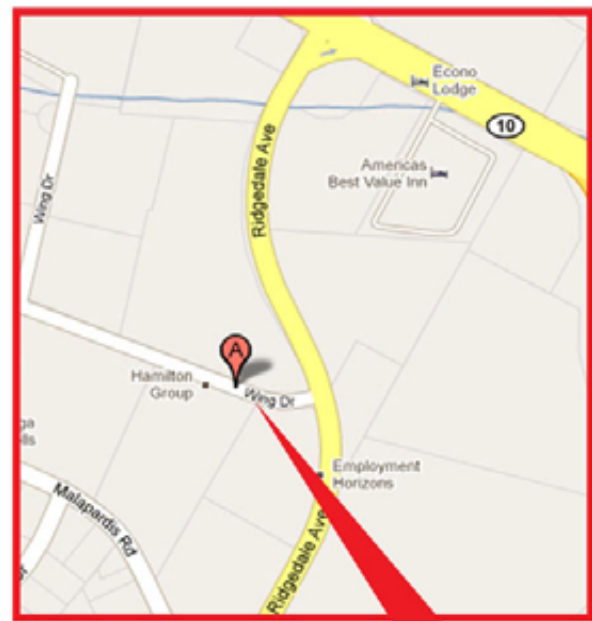
## Paul Blodgett:

Paul was the founder of the highly successful Paul Blodgett Goalkeeper Training School which is known for its high level training of goalkeepers at all age groups including youth, college, professional and world class keepers. The school was the culmination of over thirty years of coaching and teaching experience at the position and its success further solidifies Paul's reputation as one of the premiere goalkeeper trainers in the country.

He has tenured with the Rutgers University Men's Program for over 20 years and Sky Blue FC of the WPS during their championship year, and he is currently affiliated with TCNJ Women's Soccer Program while also being the Director of Goalkeeping for Girls for NJYS.

He has worked with the likes of Billy Gaudette (Montreal Impact), Jon Conway (Chicago Fire) Karina LeBlanc (Canadian Women's National Team) and Karen Bardsley (England Women's National Team).

Paul is now teamed with Mark Williams, as co-founder of ADI, the #1 soccer training facility, bringing innovative training to soccer players of all ages.



**Athlete Development Institute**  
48 Wing Drive  
Cedar Knolls, NJ 07927  
**973-998-5715**

[www.adisportstraining.com](http://www.adisportstraining.com)



To be the best in the game  
**ADI is the place to train!**



**Leading professional coaches, trainers and counselors providing personalized training for middle school, high school and college athletes.**

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# our mission:

**ADI** is a multi-sport training facility with programming designed to fully develop each student athlete in sports, in school, and in the many life decisions they will face over the next decade.

Leading professional coaches, trainers and counselors provide personalized training for middle school, high school and college athletes to teach, guide and mentor individuals who are committed to improving in their sport and have aspirations to advance to the next level.



All sessions are conducted in small groups to provide a small ratio of faculty to student athlete education. Personalized planning and goal setting is an integral part of the ADI programming and each student athlete is provided reasonable goals to reach their full potential.

In addition to skills training, ADI provides the opportunity to integrate strength, speed and agility training designed for their sport along with private and small group sessions on nutrition, sports psychology, and injury prevention to develop a sound and productive approach to peak performance.

All ADI sessions have a credit value assigned to the activity and credits accumulate towards Certificates of Achievement. The Certificates recognize the effort put into development by a student athlete and can serve to communicate the positive attitude and committed approach taken to prepare for college athletics.

The ADI faculty realizes that many student athletes have a desire to play their sport in college, ADI has available educational counselors for those interested in support services to improve academic performance and college selection.

"Paul and Mark have the experience and knowledge to take players to the next level. Through the years they nurtured my progress to bring me to the top of my game."

**Jon Conway -  
Goalkeeper  
New York Red Bulls**

"I've worked with Mark Williams over the last three years. In that time, I can honestly say that his workouts have helped me get to where I am today. Mark's philosophy worked for me and it will work for any serious soccer athlete."

**Tim Howard - Everton FC  
and Former MLS All Star  
and Goalkeeper for the  
NY/NJ Metrostars**

"This season I sent my Morristown Beard Ice Hockey team to Mark Williams at ADI for dry land training. I have seen significant results and the players really enjoyed the sessions."

**Randy Velischek**



## The #1 Soccer Training Facility:

**Cutting Edge and innovative programs offered on a daily basis at ADI:**

- Goalkeeper Training
- Goalkeeper Fitness and Enhancement Training Programs
- Speed – Skill Soccer Technical Programs
- Soccer Specific Strength Programs



**Other programs offered on a daily basis at ADI:**

- Generational College Planning
- Career DNA
- Sports Psychology
- Sports Chiropractic
- Sports Massage
- Sports Nutrition



## Hockey and Other Sports Training:

**ADI offers sport specific training for Ice Hockey, Field Hockey, and Lacrosse**

- Field Hockey Academy at ADI directed by Victor Ochieng – Kenyan National Hockey Team in the 1988 Seoul Olympics and Certified High Performance Coach
- Dryland Ice Hockey Training – Program has been approved by NHL level strength and conditioning coaches
- Lacrosse Training Program – Position specific technique training for players at all levels