

Dear Newspaper Writer,

Foot Speed, Quickness, Explosiveness and Jumping Ability: These are the components that are necessary to achieve success in most sports. Coaches and athletes are all desperately searching for training methods and programs that will enhance performance and give them that competitive edge. There is an individual and a company that has combined Russian and European training programs with his own Plyometrics Methodology to create the most dynamic training program known today. The athletes and their enhanced performance tell the story. Whether training an 8 year old soccer girl, a high school volleyball player or a pro athlete, all PlyoCity athlete's have one powerful element in common, " **results** ". If you examine the statistics, there is no program in the country delivering the successful measured results of Mike Rangel and his company PlyoCity.

Based upon Latin origins, plyo + metrics is interpreted to mean measured increases. And PlyoCity is providing measured increases to thousands of athletes.

Mike Rangel has been studying and training athletes for over 20 years. As a "High Flyer" at Long Beach State on the men's volleyball team in the 70's, Mike was recognized as someone who truly understood jumping . Mike, through his own research and efforts, increased his own vertical jump from 36" to an unheard of 42" in a short 6 month period. Results that to this day are remarkable.

As a basketball and volleyball coach at Edison High School in early 80's, Coach Rangel continued to refine his techniques for achieving 1st, 2nd, and 3rd step quickness along with explosive jumping. The results again were amazing turning average to good athletes into champions. " **Its about creating a consistent training program, with proper technique and constant repetition that delivers measured results,**" said Rangel. " The coaches, the parents, and the athletes clearly see the increased performance in a short period (Usually 2-3 weeks). More importantly, the athletes gain immeasurable self confidence through this difficult but rewarding program. "

PlyoCity began five years ago when Mike took his training methodology and applied it to his son, Steffen, who is currently a freshman on the nationally ranked volleyball team at Brigham Young University. Steffen has recently touched 11'8" on the vertec leaper to make him one of the highest jumping volleyball players in the country at 19 years of age.

Highlights about PlyoCity:

- **Over 15,000 athletes trained in the last 5 years. (Largest in the US)**
- **Currently training approximately 5,000 athletes**
- **Has trained many World Class athletes**
- **Currently training over 60 High School, College and Club Programs**
- **Mobile Training where Instructors come to the athletes**
- **4-6 inches increase in verticle jump per athlete**
- **PlyoCity currnetly trains multiple teams and both male and female athletes at all their participating schools**

Testimonials:

"Coach Rangel's Plyo Program was the main reason I extended my stay here in Southern California during the NBA lock out. My foot speed and jumping ability, (5 inch increase in 2 months) were greatly enhanced and I look

forward to training with Coach Rangel again after the upcoming NBA season. **Pat Garrity - 19th pick in the NBA Draft, Notre Dame All American, Orlando Magic**

"My wife and I checked out the 4 or 5 best Plyo Programs in Southern California including Intense City and Fast Twitch. Conclusion, we now drive twice a week from Glendora, 60 miles away, to train at PlyoCity. I have never seen a program designed to enhance an athlete's foot speed, jumping ability and quickness like PlyoCity. Both of my sons, Casey and Derek, currently train at PlyoCity. Coach Rangel's ability to connect with athletes is a rare gift. I have three sons that have received Division 1 scholarships and I believe with PlyoCity's help, it will be four out of four." **Von Jacobson Father of Casey and Derek Jacobson - California High School All Time Scoring Leader, McDonalds All-American, US Junior National Team Member, starting 2 guard Stanford University 1# ranked team in the country, All-American First Team, 1st round draft pick of the Phoenix Suns.**

"Coach Rangel worked as hard as I did to improve my game. As a direct result of PlyoCity, I saw my jump increase 6 inches. My quickness and conditioning improved so much that my coaches at UOP commented that I looked like a different athlete. Coach Rangel is one of the few coaches who really cares about his athletes and their progress. I'd recommend PlyoCity to any athlete. " **Clay McKnight - All CIF Guard Mater Dei High School, Starting Guard at UOP.**

"As crazy as this may sound, I saw a difference in my daughters foot speed and quickness after one session at PlyoCity. I myself train at PlyoCity with my daughters. I only wish a program like this was available when I played college and pro football." **Vince Ferragamo - Nebraska Cornhuskers, Super Bowl Quarterback for the Los Angeles Rams, Father of Venessa and Jenna Ferragamo.**

High School Programs involved with PlyoCity

Capo Valley, Carson, Corona Del Mar, Costa Mesa, Foothill, Fountain Valley, Glendora, Kaiser, La Canada, LB Wilson, Marina, Mater Dei, Oceanview, Santa Margarita, San Clemente, Servite, St. Johns Bosco, Rosary, St. Joseph's, Artesia, Warren, Trabuco Hills, Mission Viejo, El Toro, Dana Hills, Chaparral, Corona Centennial, Brethren Christian, Redondo Union, Los Alamitos, South Torrance, Northwood.

Colleges and Club Teams involved with PlyoCity

Golden West College, Irvine Valley College, Orange Coast College, Saddleback College, Saddleback Volleyball Club, Southern California Blues.

National Junior Basketball City Programs (Official Plyometric Training Program for all of NJB)

Los Alamitos, San Clemente, Trabuco Hills, Northwood, Irvine, Palm Desert, Diamond Bar, Sonora, Brea, La Mirada

Coaches who recommend PlyoCity:

Artesia Basketball - Brown
Brethren Christian Basketball - Harris
Brethren Christian Basketball - Bahnsen
Capo Valley Girls Soccer - Peterson
Capo Valley Boys Volleyball - Polk
Carson Football - Aquirre
Carson Girls Basketball - Holmes
Carson Softball - Martinez
Carson Boys Basketball - Mason
Carson Baseball - Ruth
Chaparral Basketball - Coyle
Corona Centennial Basketball - Popov
Corona Del Mar Girls Volleyball - Christiansen
Corona Del Mar Boys Volleyball - Conti
Corona Del Mar Girls Basketball - Davis
Costa Mesa Baseball - Bauermeister
Costa Mesa Softball - Bonourigo
Costa Mesa Girls Tennis - Leahy
Costa Mesa Boys Basketball - Serven
Costa Mesa Boys Volleyball - Sorrels
Dana Hills Basketball - Thornton
Dana Hills Basketball - Sturgeon
Dana Hills Volleyball - Rivadeneyra
Dana Hills Volleyball - Simmons
Edison Football - White
El Toro Basketball - Dixon
El Toro Volleyball - Kyman
Foothill Boys Basketball - McClusky
Foothill Girls Volleyball - Bruce
Foothill Boys Volleyball - Bruce

Fountain Valley Girls Soccer - Craig
Glendora Football - Lopez
Glendora Boys Basketball - LeDuc
Huntington Beach Volleyball - Ciarelli
Kaiser Football - Bruich
La Canada Boys Basketball - Hoffman
Laguna Hills Volleyball - Herron
Laguna Hills Basketball - Brown
LB Poly Soccer - Collins
LB Wilson Football - Muhr
LB Wilson Basketball - Hollister
Los Alamitos Basketball - May
Los Alamitos Basketball - Ford
Marina Boys Volleyball - Caughthran
Marina Baseball - Renfrow
Mater Dei Basketball - Campeau
Mater Dei Track - Woepse
Mater Dei Volleyball - Costanzo
Mater Dei Girls Tennis - Berman
Mater Dei Boys Tennis - Berman
Mater Dei Girls Volleyball - Pazani
Northwood Basketball - O'Brien
Northwood Basketball - Hansen
Ocean View Boys Basketball - Harris
Redondo Union Boys Volleyball - Chaffins
Redondo Union Football - Simon
Rosary Basketball - Brooks
Santa Margarita Basketball - DeBusk
Santa Margarita Boys Soccer - Bauer
Santa Margarita Softball - Clark

Santa Margarita Boys Volleyball - Hawks

Santa Margarita Girls Tennis - Michaut

Santa Margarita Girls Volleyball - Sarkees

Santa Margarita Girls Basketball - Schaaf

Santa Margarita Boys Tennis - Williams

San Clemente Boys Basketball - Mulligan

San Clemente Girls Basketball - Mulligan

Servite Boys Volleyball - Cunningham

Servite Boys Basketball - Kenny

South Torrance Basketball - Henry

St. John Bosco Football - Mendoza

Trabuco Hills Basketball - Wolf

Villa Park Basketball - Reynolds

Woodbridge Volleyball - Clifton

Club Directors who recommend PlyoCity

Blues Girls Soccer - Dralich

Club Long Beach Girls Volleyball - McKenzie

Hot Shots Girls Volleyball - Selski

Laguna Beach Girls Volleyball - Soyular

Saddleback Volleyball Girls Volleyball - Carey

SCVC Boys Volleyball - Ferguson

College Coaches who recommend PlyoCity

Cal State Long Beach Volleyball - Greene

Golden West Girls Volleyball - Gasparian

Golden West Boys Volleyball - Johnson

Orange Coast Girls Volleyball - Cutanese

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Saddleback Girls Volleyball - Jacobsen

Players who have Trained at PlyoCity

Pat Garrity	Pro Basketball	Orlando Magic
Sean Rooks	Pro Basketball	LA Clippers
Mike Pemberty	Pro Basketball	Lakers
Scotty Brooks	Pro Basketball	Philadelphia 76ers
Casey Jacobsen	Basketball	Stanford
Doug Gottlieb	Basketball	Oklahoma
Kevin Augustine	Basketball	Nebraska/Biola
Clay McKnight	Basketball	UOP
Miles Simon	Basketball	Arizona
David Crouch	Basketball	USC
Misty May	Pro Beach Volleyball	US National Team
Kerri Walsh	Pro Beach Volleyball	US Olympic Team
Chris Seifert	Volleyball	CSULB/US Team
Matt Prosser	Volleyball	CSULB
Vena Goel	Cheerleading/Baton	US Champ
Vince Ferragamo	Pro Football	L.A. Rams
Jeff Wootton	Volleyball	CSULB
Steffin Rangel	Volleyball	BYU
Nate Hagstrom	Volleyball	CSULB
Spencer Bemus	Volleyball	UCI
Gray Garrett	Volleyball	UCLA
Blake Robinson	Volleyball	Princeton
Nate Hair	Basketball	USC
Mike Stowell	Basketball	Utah
Travis Niesen	Basketball	Santa Clara
Spencer Gloger	Basketball	UCLA/Princeton
Casey Jennings	Volleyball	BYU
Damien Scott	Volleyball	UCLA
Nic Vislay	Volleyball	UCI
Korin Bemus	Volleyball	LMU
Patrick Haddan	Basketball	UND
J.J. Sola	Basketball	LMU
Katie Daley	Volleyball	Pepperdine
Breegan Mulligan	Volleyball	Pepperdine
Steve Scoggins	Basketball	UNLV
Gio Altamura	Volleyball	Ohio State
Chris Ahlfeldt	Volleyball	Stanford
Carolyn Becker	Volleyball	UND
Beau Peters	Volleyball	CSULB
Lauren Williams	Soccer	Kansas
Staci Lindstrom	Soccer	UCLA
Sarah Lombardo	Soccer	UCLA
Katie Shields	Soccer	Harvard

Jenn Horn
Paul Munoz
Kevin Hansen

Soccer
Volleyball
Volleyball

LMU
CSULB
Stanford

PlyoCity

Youth Development

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**Training Athletes to be Quicker , Faster, Stronger and More
Explosive**

For more information visit PlyoCity's website at - www.plyocity.com
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