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Owner Tim Robertson Jr. has been training athletes for the past 10 years at Speed Strength Systems.

Speed Strength Systems is helping athletes of all levels reach their goals

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When you pull into the parking lot at Speed Strength Systems, the first thing you notice is how raw the scenery is.

The facility, located behind a factory in Euclid, is old school. There's an enormous tire, which is used for training, located near the doorway.

Throughout the imposing concrete building are large windows, which let in natural light. When you step inside, you immediately notice athletes of all ages and abilities working side by side.

It's as if you've stepped into a scene from a Rocky movie.

This is where athletes come to better themselves mentally and physically.

For the past 10 years, owner Tim Robertson Jr. has been training everyone from NFL athletes to youth volleyball players at Speed Strength.

It's a passion he's proud of and one he's earned.

"Everything we do is based on science and education," Robertson said. "My experience as a collegiate strength coach is what we base our training on. We aren't guessing. We don't guess what we have the kids do here. There is a science to it."

Robertson's background and

credentials are extensive. After earning a bachelor's degree in education and exercise science from the University of Dayton, he earned a master's degree in sports physiology from Ohio University. He is a certified strength and conditioning specialist through the National Strength and Conditioning Association.

It's obvious he knows his business, which is helping athletes reach their goals, whether it's making it to the NFL scouting combine or making the varsity squad.

"We help athletes become better athletes," he said. "We are part of the whole equation. If anyone takes credit for what an athlete has accomplished, they are full of themselves."

On a warm summer morning, the facility is packed with an array of athletes with different goals.

In one corner, Lake Catholic graduate Paige Howard, who plays soccer at Ohio University, is jumping up and down on large wooden boxes. NFL free agent Steve Cargile is swinging a heavy weight in the air. Chagrin Falls graduate Mark Hammer, who plays football at Brown University, is doing chest presses on a workout bench.

Robertson plans individual workouts for all his athletes to

help them improve in their particular sport. His methodology is one Cargile has grown to rely on over the past seven years.

"Everyone who comes here works hard," Cargile said. "It starts with Tim. He's passionate about what he does."

"He knows what he's talking about. This place isn't a scam like some others with big money behind them. His methods are proven and that's why athletes keep coming back year after year."

The list of athletes Robertson has trained is long and impressive.

Along with the more than 10,000 high school athletes Robertson said he's trained, he's also guided two Heisman Trophy winners in Ron Dayne and Troy Smith. Other former and current clients include LeBron James, London Fletcher, LeCharles Bentley, Ted Ginn Jr., Donte Whitner, Tony Fisher, Leandro Barbosa and Nene.

In the last seven years, more than 40 of Robertson's athletes were drafted or picked up as free agents. But it's not all about the professional athletes. More than 75 percent of Robertson's clientele are amateurs.

"I don't mind training with high school athletes," Cargile said. "I would have loved that when I was in high school. We

are all working hard and we are all working toward one goal."

Howard's goals are to remain injury free and improve her strength. She looks forward to her summer workouts, which have paid off.

"Last year, my coach was so impressed with how in shape I was," Howard said. "She asked me how I got so prepared over the summer and she told me to keep doing it."

Speed Strength was founded by Robertson and his former business partner Eric Lichter. Lichter is now the director of football performance at The Ohio State University. For the past four years, Robertson has been the sole owner of Speed Strength, which has locations in Euclid and Avon.

"We aren't here to impress anyone with gimmicks or gadgets," Robertson said. "We are here to help athletes get results."

"Speed Strength is the total package," Hammer said. "Other gyms don't teach you how to workout for your sport. But this place does."

"Right now, I'm in the best shape I've ever been in. I feel more prepared than I ever have before."

For more information on Speed Strength Systems go to www.speedstrength.com or call (216) 531-7950.