6 Week Summer Football Prep Group

Join us for our off season strength and conditioning program. Our goal is to prepare our athletes to take on the season by creating resilient and durable athletes that can withstand all the demands of the sport. We will educate them not only on how to do the exercises but why. We build better overall athletes.

Program Benefits:

- Improved speed, agility, balance, and coordination
- Increased Overall Strength
- Increased power output- Increases speed of sports specific movements
- Reduced incidence of injury
- Improved mobility, flexibility, and posture
- Nutrition Education
- Certified Strength coaches educating your athletes on proper lifting techniques

June 12th - July 20th
5pm-6pm Mondays and Wednesday / Ages 8-14

Overall description of program:

6-week Comprehensive program to help maximize athlete’s abilities

General Outline of 1-hour session

10 minute warm-up/mobility
20-30 minute - strength training

10-minute conditioning/mental toughness/skills specific training by position
10-15-minute cool-down/recovery strategies/nutrition overview

Areas of focus for football prep group:

- Develop/increase power
- Increase overall strength
- Footwork/body awareness
- Coordination/balance
- Acceleration
- Speed training and mechanics

Cost: $120 for 6 weeks (sibling discount 50% off of second sibling )
For questions email: ryan@properformancerx.com or call 304.983.PRO1

ProPerformanceRX.com