



**ATHLETIC™
REPUBLIC**

Football Speed & Agility Winter Training 2011

Starts Monday October 31, 2011

Acceleration Training

Each week we will focus on different football training themes to compliment treadmill speed training and core stability through plyometrics. Position-specific skills will also be addressed.

Examples: WR & RB Game Speed & Balance, WR & RB First Step Explosion, Lineman Upper Body Power, Lineman Lower Body Power, QB Back peddle & scramble

****New for 2011** Functional Strength for Football**- If age appropriate, your boys will learn the proper methods for lifting weights. Other exercises will include balance balls, medicine balls, sled pushes, rope climbs, & more. Workouts by Coach Steve Hart and Coach Nick Modaffrey.

60 Minute Time Slots

Monday through Friday 4 pm, 5 pm & 6 pm Saturdays (Functional Strength) 9:00am

Pricing

8 Session Training Package- \$160

12 Session Training Package- \$210

16 Session Training Package- \$240 (plus free t-shirt)

(Payments on 16 packs can be split in half with two checks at registration)

To register, go to www.AthleticRepublicCP.com/CliftonPark/Forms. Then, call 371-1469 to schedule your first session.

Take advantage of the off-season to be the best you can be!

You've never felt *this fast*