

MIDDLE SCHOOL FOOTBALL
STRENGTH AND CONDITIONING
Summer Camp 2009



Speed, Power, Strength, Agility, and Performance Training
with Athletes Enhancement

- Team Summer Strength and Conditioning
 - 4 Days per Week (Sessions will generally last 1.5 Hours)
 - 1 Afternoon/Evening Session
 - Designed to prepare athletes for the upcoming season and begin their developmental phase and transition to more advanced lifts
- Summer Program Runs June 8th - August 6th
 - 9 Weeks Training
- Cost is 1 Payment of \$115
 - Due Date will be Monday June 1st
- Locations: All sessions will be held on location at Panther Weight Room and Practice Field
- Program Benefits
 - Certified Strength and Conditioning Coach
 - Trained NFL, MLB, and Division 1 Athletes
 - Division 1 Strength Program Organization
 - Emphasis on Strength, Core Training, Conditioning, and Recovery
 - Allows athletes unlimited training time
 - Allows "Football Time" with coaching staff year-round
- All Athletes must sign Release Waiver
- No Refunds or make-ups for missed sessions
- Make all checks payable to "Athletes Enhancement"

Athletes Enhancement
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