



Presents High School Football Pre-Season Conditioning Program

**August 9
TO
AUGUST 12
2004**

**FOR ALL
HIGH SCHOOL
FOOTBALL COACHES
& PLAYERS !!!**



Athletic Precision staff will come in to your home field or other place to go to (such as a park) and set-up a 2 week conditioning program for the team leading you into the season with in-shape football players. Athletic Precision will come in on the first day and evaluate all athletes in some of the basics skills and tests:



- | | | |
|---------------------|--------------------------|---------------|
| • 40 yd dash | Vertical Jump | 20 yd shuttle |
| • broad jump | "L" Drill | Sit & reach |
| • Ht | Wt. | Body Fat |
| • * 185 bench press | *add \$30 to total price | |

We will then have them perform and demonstrate drills that will get the athlete in better football shape. Just to name a few we will perform over-speed drills, agility exercises using sidewinders, plyometrics for explosion, and multidirectional exercises with resistance.

On the last day we will re-test the athletes to show improvement. In addition, our service can be used as a fundraising opportunity. Your players, coaches, boosters, and etc. can set a price above our very low set price. Once our service price is met any additional money made is give back to the team.

Our base price for 4 days 1 ^{1/2} hrs. / day is \$65 per athlete with an minimum enrollment of 8 athletes. This comes out to be \$10.00 / hr. per athlete.

For more information please contact us OR VISIT OUR WEBSITE

WWW.ATHLETICPRECISION.COM

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