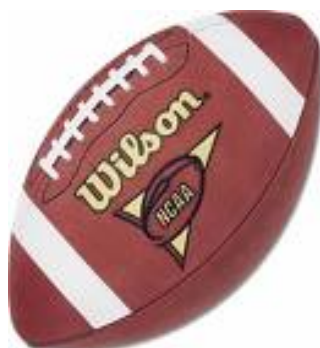


Adrenaline Sports & Fitness:

Presents a Comprehensive
8 Week Preseason Strength and Conditioning Camp
for Football Players Grades 7 – 9.

Included in the eight week sessions:

- √ Lower Body Strength and Power Development
- √ First Step Quickness and Sprinting Mechanics
 - √ Agility and Cutting Technique
 - √ Football Specific Conditioning
- √ Core Strength & Stability Training
- √ Neck Strength & Injury prevention
- √ Making friends and having fun!



Starting Monday, June 15, 2009, training sessions will be held Monday, Wednesday, and Friday at 9:00am.

All sessions will be held at:
Adrenaline Sports & Fitness
6659 Liberty Court
Liberty Township, Ohio 45044

[Directly across the street from Lakota East High School]

www.adrenalinesf.com

To register, please call 779-1234, or email gtoms@adrenalinesf.com

Cost for the eight weeks will be \$300*,

* Rates bases on at least 8 athletes registered.



Coordinator of the 8 week camp will be Gene Toms. A Certified Strength & Conditioning Specialist and graduate of the University of Cincinnati where he studied exercise science. His knowledge and experience will be invaluable in helping young football players maximize their athletic potential.

