

SUMMER  
2009

**PRECISION**  
SPEED & STRENGTH

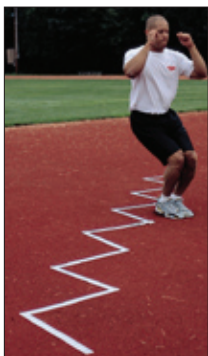
SUMMER  
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Training Today's Athlete for Tomorrow's Competition

# Pre-Season Football Conditioning

## June 22nd - August 21st

Come train and prepare for the upcoming football season at our facility located at NESAs in Westwood, MA. This eight week program of either 3 or 4 days per week will have you ready for doubles and the upcoming season. Whether you're the captain, trying to make the team or competing for that starting role this is the place to be. Each session is two hours long and there will be a 7:1 athlete to Precision coach ratio.



- Stretching
- Agility
- Plyometrics
- Speed development
- Core stability
- First step explosive power
- Strength training
- Olympic lifts



Each player will be tested and evaluated throughout the summer for the football combine:

**10-yard Dash:** times show how explosive a player is off the line.

**40-yard Dash:** times show how explosive a player is off the line and maintains it.

**20-yard Shuttle:** designed to test explosiveness, how a player bends and changes direction, and body control.

**Standing Long Jump:** designed to show leg strength and power.

**Vertical Jump:** designed to show leg strength and lower body explosiveness.

**3-Cone Drill:** designed to measure a players change of direction, quickness, and body control.

### Cost

3 Days per week for 8 weeks \$625.00

4 Days per week for 8 weeks \$825.00

10% discount if signed up and paid by May, 22. Also ask about team discounts.

We know summers are tough with vacations and other camps so we will be conducting open classes throughout the weeks for makeups at no additional charge. We will be holding Open Houses and free sessions offered in April and May. Call for Details.

**"Precision on Wheels":** Have Precision come to your facility and train your team throughout the summer, minimum of 15 players. Call for details.

### Training at:

**NESA** Teaching Sports... for Life.  
New England Sports Academy

345 University Avenue, Westwood, MA

To register call 781-329-8220

Visit us at [www.precision-ss.com](http://www.precision-ss.com)