

Introducing...

# Football Performance Training

## Monthly Program will focus on:

Teaching Proper Technique for Football-Specific Movements  
Improving First-Step Quickness and Reaction Time  
Increasing Speed and Power  
Improving Agility  
Increasing Strength and Endurance Throughout Drills  
Enhancing Core Strength, Flexibility and Balance  
Decreasing Risk of Injury by Form Work and Muscle Stability

\*Program is designed by Cody Morris, former  
All-American Offensive Lineman out of William & Mary

**Professional Training for just \$7.50/Session**

**Who:** Football Players Ages 10-14  
**What:** 1-Hour Training Classes Held 2x/Week  
**Where:** TNT Dynamite Parties  
709 Middleground Blvd Newport News, VA 23606  
**When:** Mondays and Thursdays 6:30 to 7:30 PM  
Starting February 1st, 2010  
**Cost:** \$60 Month (\$7.50/Session)

**\*Must Pre-Register by January 28th, 2009\***

**Call:** Katie at (540)455-2454

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*Prism  
Performance*