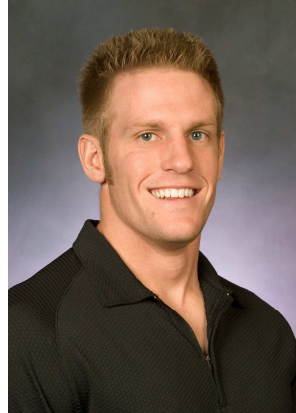


Football Off-season/In-season Training



A three session camp designed to both prepare high school/middle school football players for the 2009 season, and keep them healthy and on the field during the season. The first two sessions will each be six weeks in length, and will concentrate on speed, power, explosiveness, and flexibility in a periodized format. This will allow each athlete to peak right as the season begins. The third session will be twelve weeks in length, and will focus on maintaining the progress each athlete made during the off-season, so they don't lose everything during the season as many athletes tend to do.

When:	<u>Session 1</u>	<u>Session 2</u>	<u>Session 3</u>
	May 4-Jun. 8	Jun. 15-Jul. 27	Aug. 10-Oct. 26
	Tue/Thur at 4pm	Tue/Thur at noon	Mon at 7pm
Location:	Michigan Athletic Club East Gym		
Instructor:	Strength & Conditioning Specialist Justin Patnoude, CSCS		
Cost:	<u>One Session</u> MAC members: \$120, Drop in: \$20 Non members: \$144, Drop in: \$25		
	<u>3 Session Package</u> MAC members: \$288 Non members: \$360		

