

MIDDLE SCHOOL FOOTBALL



ELITE PERFORMANCE TRAINING



**TAKE YOUR GAME TO
THE NEXT LEVEL**

ASPECTS OF OUR PROGRAM

SPEED - linear, lateral, backward, multidirectional, sport-specific acceleration/deceleration, agility

PLYOMETRICS - Lower - vertical, horizontal, lateral, landing mechanics; Upper – rotational power

STRENGTH TRAINING - age appropriate exercise selection with proper assigned volume (sets, reps, tempo) and intensity (load) micro progressed over each week of the program

INJURY PREVENTION - ankles, knees, hips, shoulders

WHEN: MONDAY MAY 24TH - FRIDAY JULY 9TH (7 WEEKS)

FLEXIBLE CLASS TIMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30-11:45am	10:30-11:45am	10:30-11:45am	10:30-11:45am	10:30-11:45am
4:00-5:15 pm	4:00-5:15 pm	4:00-5:15 pm	4:00-5:15 pm	
5:15-6:30 pm	5:15-6:30 pm	5:15-6:30 pm	5:15-6:30 pm	
6:30-7:45 pm	6:30-7:45 pm	6:30-7:45 pm	6:30-7:45 pm	

COST: ~~\$269~~ FOR UNLIMITED CLASSES

EJ HAYS FOOTBALL SPECIAL - \$215 FOR UNLIMITED CLASSES

LOCATION:

DiNardo Sports Performance

2606 Richmond Road, Lexington, KY

**For more information and to secure your spot, please contact
Mark DiNardo @ 859.321.9122 or mark@dinardosports.com**