

Burke Football 2019

9th Grade

Explosive Power and Speed Training Sessions



Mission Statement: Our Explosive Power and Speed Sessions are designed as a comprehensive program that focuses on explosive power, speed, agility, quickness, and football specific reactions. With this in mind, we gear our program towards meeting the specific needs of the team and its members.

Dates: Monday June 10th-Thursday August 8th

Days Each Week: Monday, Tuesday, & Thursday

Times: 10:00-11:00am - Weightlifting
11:05-11:45am - Speed and Skill Training

Cost: \$35.00 per Athlete

(Make checks payable to Burke High and return to the Burke School Store or Head Coach Paul Limongi)

If you have any questions, please call Head Coach Paul Limongi 557-3235 (office) 210-7555 (cell)

Turn bottom portion in with registration.

Return with payment to Burke School Store, 12200 Burke Blvd., 68154 or Head Coach Paul Limongi.

Name: _____

Grade (in fall): _____

Address: _____

Parent Signature: _____