

# **Burke Football-Explosive Power and Speed Sessions** **2019 Grades 10<sup>th</sup>-12th**

**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 try to gear our program towards meeting the specific needs of the team and its members.



**Starting Date: Thursday June 6th- August 1st**

**Days Per Week:** Monday-Tuesday-Thursday-Friday

**Cost:** \$35.00 per Athlete- (Make checks payable to Burke High and return to the Burke School Store or Head Coach Paul Limongi

7:45-9:00.....Weightlifting

9:05-9:45..... Speed and Skill Training

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

**Turn bottom portion in with registration.**

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

Name \_\_\_\_\_

Grade (in fall) \_\_\_\_\_

Address \_\_\_\_\_

Parent Signature \_\_\_\_\_