

Burke Football-Explosive Power and Speed Sessions **2021 Grades 10th-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: Monday June 7th- August 4th

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 email Head Coach Paul Limongi Paul.limongi@ops.org or 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 _____