



CROFTON FOOTBALL

FOOTBALL PERFORMANCE TRAINING

Get an early start on your training for the 2009 football season!!

Athletic Republic is pleased to announce an 8-week (2x-3x a week) football intensive training program for the CROFTON CARDINALS beginning the week of May 11-15, 2009.

Enhance SPEED. Build POWER. Develop AGILITY.



**CALL NOW to get your Summer Training Program Started: 301.262.7781
202.297.5568**

Average Improvements: (after a full program)

- 2 tenths of a second off 40 yard dash
- 33% improvement in foot speed
- 4" increase in vertical power – increased explosive power
- 50% improvement in rate of recovery
- 20 % greater leg strength and injury prehab program to reduce risk of ACL injuries

Ages: 8+

4891 Telsa Drive Suite G, Bowie, MD

www.athleticrepublicannapolis.com