
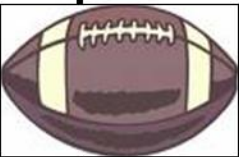


## **SPRING FOOTBALL**

- 
- **Position Specific Training**
    - **Speed, Agility, & Explosion Development**
    - **Learn & Perfect Fundamentals of Position & Game**
  - **Gain Valuable Understanding of Responsibilities of Each Position**
    - **Position Specific Skill Development**
  - **Each Athlete will Have a End of Program Assessment (discuss strengths & weaknesses and develop plan of action for future)**
- 

### **ALL- STAR CAST of COACHES**

**John Melillo, QB Coach**

- Former QB at Iowa with Chuck Long

**Cornell Hunt- LB Coach**

- SU Certified Performance Coach
- Former All American LB at MSU

**Jermain Johnson- DB Coach**

- Current Head Coach Paterson Eastside HS
- SU Certified Performance Coach

**Ron Rowe- RB Coach**

- Current Head Coach Whippany Park HS
- Former Assistant Coach at WE HS

**Don Sellari- WR Coach, Director of Performance**

- Former All-State RB at Nutley HS
- LB at Rutgers University
- Former Assistant Coach Nutley HS

**Chris Demond- OL Coach**

- Assistant coach at Verona High School
- Former OT at Montclair State University

**PROGRAM STARTS MARCH 29 AND  
ENDS JUNE 18 (12 weeks)**

### **PACKAGES**

**Month/ 2 Week~ \$249.00**

**Month/ 1 Week~ \$139.00**

**Based on a 3 month contract**

### **SPRING FOOTBALL SCHEDULE**

**MON- QB'S/ WR'S 6-715**

**TUES- DB'S/ OL 6-715**

**WED- YOUTH OFFENSE 6-715**

**THURS- DL/ LB'S 6-715**

**SAT- YOUTH DEFENSE 10-1115**

**SAT- RB'S/ K 1130-1**

### **TESTIMONIALS**

**"Spring Football does a great job of focusing on the little things in football that matter the most for young athletes," Coach Droz, HC West Essex Football**

**"This program tuned up my athletes and was the first step in preparing them for the physical & mental demands of the game," Benji Wenberly, HC Paterson Catholic Football (State Champions)**

### **QUESTIONS/ OR REGISTER**

**CALL 973-808-1717**

**OR**

**EMAIL [DON@SPORTS-U.COM](mailto:DON@SPORTS-U.COM)**

**ASK FOR DON or PHIL**

**22 Madison Rd.**

**[www.sports-u.com](http://www.sports-u.com)**

**Fairfield, NJ 07004**