



SUMMER FOOTBALL

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- 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
 - Football Conditioning
- 

PROGRAM RUNS: JULY 6TH- AUGUST 12

QUESTIONS/ OR REGISTER

CALL 973-808-1717

OR

EMAIL VAISHALI@SPORTS-U.COM

ASK FOR DON or VAISHALI

SUMMER FOOTBALL SCHEDULE

YOUTH 5TH-8TH GRADE

T/ TH 5-6PM

HS/ COLLEGE

T/ TH 6-7PM

ULTIMATE PREPERATION FOR
THE SEASON!!!!