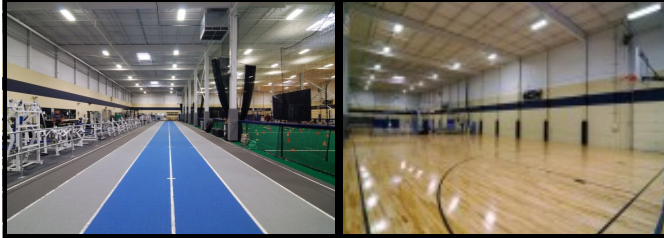


## **SPORTS UNIVERSITY**

### **PREMIER FACILITY**

**40,000 Square Foot Facility**

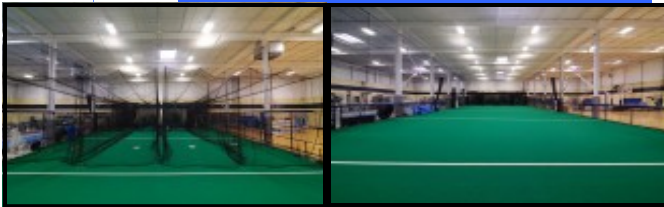
**70 yard, 6 Lane Mondo Track**



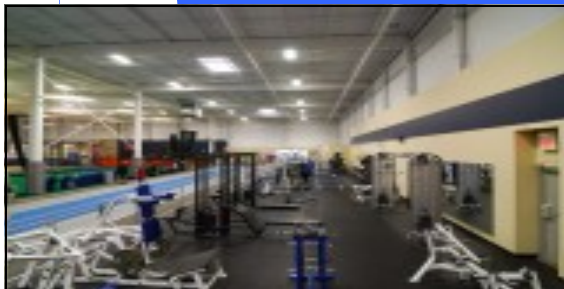
**2 Basketball Courts**

**4 Baseball/ Softball Tunnels**

**70 Yard Turf Area**



**ELITE WEIGHT TRAINING AREA**



## **MISSION STATEMENT**

The programs at SU are special in that we offer the most comprehensive training available. Our intricate system integrates both traditional and cutting edge methods of speed & strength training. We also offer sport specific skill training to provide the total package in athletic development.

Our trainers are experts in their field. They are second to none in developing a intense learning environment that is fast paced but slowed to allow for individual learning. They are tremendous teachers, coaches and role models for young athletes.

Each training programs is tailored to the specific sports and needs of each athlete. We are dedicated to the guidance and motivation of our athletes in achieving their goals.

**JOIN THE SU REVOLUTION!**

Contact Vaishali for more information

Vaishali@sports-u.com



**ARE YOU AS GOOD AS  
YOU CAN BE?**



**PREMIER TRAINING  
FACILITY**

**22 Madison Rd.  
Fairfield, NJ  
(off Rt 46)**

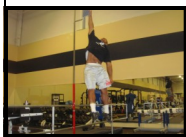
**www.sports-u.com**

**973-808-1717**

## **PROGRAMS/ CLASSES**

### **Speed Training/ Athletic Development**

- ◆ **FOUNDATIONS OF ATHLETIC DEVELOPMENT/ SPEED TRAINING**
- ◆ **SPEED DIAMOND– Baseball/ Softball Specific Training Program**
  - ◆ **UNLIMITED TRAINING MEMBERSHIP**
  - ◆ **COMBINE TRAINING**



### **Strength Training**

- ◆ **UNLIMITED STRENGTH MEMBERSHIP**
  - ◆ **STRENGTH 101**
  - ◆ **PERSONAL TRAINING**
  - ◆ **TEAM/ GROUP TRAINING**



### **Sport Specific Training**

- ◆ **Football, Basketball, Baseball/ Softball, Lacrosse, Soccer, Field Hockey, Volleyball**



## **PROGRAM DESCRIPTION**

### **Speed Training/ Athletic Development**

Designed to improve overall athleticism by focusing on breaking down basic fundamental athletic movements & developing the athletic foundation of our athletes.

### **Strength/ Power Training**

Weight training program designed to enhance overall strength and explosion of an athlete.

### **Sport Specific Training**

Top notch coaches offer position specific training to enhance skills & knowledge needed to take athletes to the next level.

### **Team/ Group Training**

Training programs that focus on the basics of athletic movements while achieving strength, speed, & conditioning goals set by the coach/ group leader(s).

### **Combination Packages**

SU offers the most comprehensive , high quality training available. Programs are flexible & encouraged to be combined to envelope the needs of an athlete & fully equip them with the skills to be successful in their sport

## **PERFORMANCE TRAINERS**

### **Don Sellari, CSCS, Med**

Don is the Head of Athletic Performance at SU. He has been training athletes for over 9 years. He uses his experience in athletics, background in teaching & coaching, and passion for making athletes better to lead SU in its quest to build the most comprehensive training programs available.

### **Phil Delgado, CPT, SOFBALL/ BASEBALL**

Phil is SU's technician in his approach to athletic training. He is a positive, energetic coach who takes a genuine concern in his athletes. He is a current College Softball coach.

### **Matt Busaca, CSCS**

Matt uses his past experience in football, baseball and wrestling to train athletes to reach their peak potential. Matt has gone on to earn three certifications including NACA's CSCS, ACE personal trainer, and ACE group fitness.

### **Cornell Hunt, NASM, CPT**

He is a performance specialist and personal trainer dealing with clients and athletes of all ages. He has earned numerous honors including All-Conference, All-Region, and All-American awards playing football at Montclair State University. His goal is to help all of his clients achieve their own personal goals.

### **Paul Johnson, CPT**

Paul is a former St. Mary grad and All= State Runnin Back. He takes his passion on the gridiron and brings it to his training. Paul is a Certified Athletic Development coach and is involved in almost every aspect of training at Sports U.