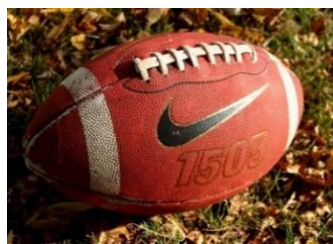


NYA Youth Football Conditioning Program

Spring 2017

2nd – 8th Grade



Want to be *Faster?*

Want to develop *Explosive Strength?*

Comprehensive Speed, Power, and Strength Program

6 Weeks – **3 days a week:**

- Dates: April 18th – May 26th
- Days: Tuesday, Thursday, & Friday
 - 3:00-4:00p 7th & 8th Grade
 - 4:00-5:00p 5th & 6th Grade
 - 5:00-6:00p 2nd – 4th Grade

Cost: [Registration Link](#)

- \$150 per athlete Full Program
- \$100 per athlete Tues & Thurs only
- \$50 per athlete Fri only

New Dates

“Constructing the Football Player”

Tuesdays – Power with Kevin Cleary:

- Focus is on power movements and lifts to enhance overall force production.

Thursdays – Strength with Andrew “Chim”:

- Focus is on developing size and strength to both improve athletic performance and prevent injury.

Fridays – Speed, Quickness, & Agility Conditioning with NYA Staff:

- Focus is on speed development and football specific conditioning.

* exercises and movements are age appropriate.

“Athletes are built in the off season!”

Phone: (203) 426-0088 ext. 111

Email: cfoss@nyasportsfitness.com

www.nyasportsfitness.com

The NYA Sports and Fitness Performance Team proudly features the highest qualified staff in the area.