

Football Combine Training

4.38

Every Saturday
8th-12th grade
Must Pre-register!

Prepare for upcoming Combines & College Satellite Camps: the NIKE OPENING Regionals, NUC, Rivals, and other area Football Combines coming this spring & summer 2018. Athletes will be trained by nationally accredited strength and conditioning coaches. Be your best by training with the best!

Technique Training for:

- The 10-20-40 yd. dash
- Vertical & Broad jump
- Pro-Shuttle & L-cone
- Medball launch & Bench rep
(Laser & Digital timing)



EDGE Sports Director:

Denny Bonewitz

(Strength & Conditioning Coach)

UNIVERSITY OF NORTH TEXAS
UNIVERSITY OF NEW MEXICO
UNIVERSITY OF CALIFORNIA
UNIVERSITY OF HOUSTON
NIKE COMBINE COACH

Also available:

Football Skills & Sports Perf. Training

(Speed, Strength & Agility Classes:
Weekly / Year-round)

Now thru June 2018

8th thru 12th grade / Must pre-register!

Every Saturday (11:30 – 12:30 PM)

1 session = \$25/ea. / 2+ sessions = \$15/ea.

Need a different day/time?!

**Private 1-on-1 and Team Mate
packages available 24/7!**

**Customized for 1-5 athletes. Choose any
days/times (24/7) to come in for private combine
training or as a small group. See website/call for rates.**

To improve your times call: 940-391-3711

13816 Santa Fe Crossing Dr., Edmond, OK 73013 (Just off the Kilpatrick Turnpike)



EdgeSportsFitness.com

