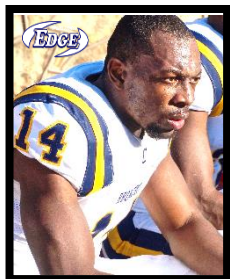


Football Skills Training

Get in the GAME!!!

With EDGE Sports Fitness Football Skills Staff:



Cody Jones

(Skills Coach)

UNIVERSITY OF CENTRAL OKLAHOMA
Football Defensive Back
MIAA Honorable Mention
BAKERSFIELD COMMUNITY COLLEGE
Football Defensive Back
1st Team All-League



Bronson Irwin

(Skills Coach)

UNIVERSITY OF OKLAHOMA (O-Line)
FIESTA & SUGAR BOWL CHAMPION
SEATTLE SEAHAWK (NFL)
HOUSTON TEXAN (NFL)



Tanner Rice

(Skills Coach)

UNIVERSITY OF CENTRAL OKLAHOMA
Football Defensive End
SOUTHERN METHODIST UNIVERSITY
Football Running Back



Denny Bonewitz

(Strength Coach)

UNIVERSITY OF NORTH TEXAS
UNIVERSITY OF NEW MEXICO
UNIVERSITY OF CALIFORNIA
UNIVERSITY OF HOUSTON
NIKE-SPARQ Certified

Skill Training (1-on-1's / Team Mates (2-5 ath.'s) / Teams)

Position specific coaching for the fundamentals of Football including:
Leverage and hand positioning / Defeating blocks and pass rushing / Passing, Receiving,
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Rates: \$10-\$75/ath. (see website or call for details)

Private Skill Training / All Positions / Year-round / Speed-Strength-Agility

Combine Training: Learn techniques to improve your 40, Shuttle, VJ & MB toss / Cage & Field Rental

Summer SPEED-STRENGTH-AGILITY Camps / Adult Fitness Classes / Physio-Therapy

Year-round Small Group Training / Sports Performance Classes / Camps and Clinics

\$ave with monthly unlimited packages / see website for more details

Also Available

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(Just north of the Kilpatrick turnpike)

