

CARDINALS JUNIOR FOOTBALL SUMMER TEAM TRAINING



August 2-August 12

Monday-Thursday

**4pm-5pm-Mites/Pee Wees
5pm-6pm-Juniors/Seniors**

8 sessions

Price: \$160

Location:

Westwood Jr. FB Fields

To Register, go to:

- www.tinyurl.com/cardinalsfb
- Create Profile Under **ATHLETE'S** name
- Follow Prompts

TEAM TRAINING

Athletes will learn the cutting-edge techniques to enhance performance in speed, agility and quickness while building camaraderie and getting a jump start prior to training camp. Training benefits include but are not limited to:

- Increased **Speed**
- Improved **Quickness**
- Increased **Conditioning**
- Increased **Strength**
- HEAT** Acclimatization
- Peer to Peer **Engagement**
- Team **Competitions**

For More Information Contact Brandon Wood, Owner of Elevate Team Training
at 201-704-0181 or bwood@parisiusa.com