

Velocity Sports Performance



Why Do **You** Train?<sup>SM</sup>

## Youth Football Camp

You can't become a better football player by just playing more football. You need to improve your overall athleticism and position specific skills. The Velocity Sports Performance 2011 football camps will focus on giving you the tools it takes to dominate your position on the field. In addition to football specific skills, every session will focus on:

- Developing explosive power
- Improving agility on the field
- Increasing your speed
- Reducing the likelihood of injury

### Special Guests Every Week!!

**Location:** Velocity Sports Performance  
300 Route 17 South, Mahwah, NJ 07430

**Dates & Time:** 9 a.m. – noon (1 hour speed/agility, 2 hours football specific skills)

7/11 - 7/14: Lineman Clinic	<b>Ages:</b> 7-14 years old
7/18 - 7/21: Quarterback, Wide Receivers and Defensive backs	<b>Ages:</b> 7-14 years old
7/25 - 7/28: Running backs and Line backers	<b>Ages:</b> 7-14 years old

**Cost:** \$200 per athlete

The camp features both football skill instruction and Velocity Sports Performance's unique and proven sports performance training. Velocity Sports Performance will help take you to the next level.

**SIGN UP TODAY!**

300 Route 17S (at Corporate Dr.) | Mahwah, NJ 07430 | 201.684.9190 | [www.velocitysp.com/mahwah](http://www.velocitysp.com/mahwah)