

FOLLOW IN THESE FOOTSTEPS

Donald Driver - Greenbay Packers
Scott Chandler - NY Giants
Quincy Butler - TCU, Cowboys
Greg McElroy - SLC, Alabama
Mitch Enright - SLC, SMU
Aaron Luna - SLC, St. Louis Cardinals
Robert Hill - SLC, Utah State
Jake Jackson - SLC, Baylor
Blake Cantu - SLC, Oregon
Brayden Burnet - SLC, Missouri
Justin Padron - SLC., North Texas
Kyle Russo - SLC, North Texas
Clint Renfro - SLC, TCU
Joe Kemp - Tulane
Tyler Henley - St. Louis Cardinals
Breece Johnson - North Texas
Bobby Schneider - Stanford
David Pevito - Army
Eddie Foster - Vanderbilt
Shawn Santos - Tulsa
Edward Wesley - TCU
RJ Washington - Oklahoma
Chris Perry - Miami
Daniel Vinson - Kansas
Jalen Brown - Nebraska
Anson Kelton - TCU
Nick Ash - Nebraska
Demetri Nance - Arizona State
Deveric Gallington - Texas Tech
Ryan Epperson - Texas A&M
Tommy Taggart - Midwestern State

Nate Garner - Arkansas, Dolphins
Mike Toudouze - TCU, Colts
Michael Depriest - TCU
Patrick Benoist - SLC, Vanderbilt
Corbin Smiter - SLC, Rice
McKay Jacobson - SLC, BYU
Sam Scharztstein - SLC, Stanford
Nick Leppo - SLC, North Texas
Jackson Richards - SLC, Texas Tech
Pete Fleps - SLC, SMU
Kyle Padron - SLC, SMU
Arius Ford - SLC, Georgetown
Quintly Harmon - TCU
Ryan Britt - Wake Forest
Christian Ponder - Florida State
Cody Marley - Kansas State
Sammy Lett - Appalachian State
Tommy Dorman - Texas A&M
Matt Hornbuckle - Buffalo
James Sims - Kansas
Tevin Thompson - Missouri
Robert Griffin - Baylor
Ray Mitchell - Kansas
Johnny Haynes - Oklahoma
Sau Fuahala - Eastern New Mexico
Taylor Wardlow - Rice
Matt Handler - Eastern New Mexico
Aaron Fisher - Texas Tech
Tariq Allen - Texas
Howard Morow - Texas A&M
Ryan Taggart - Holy Cross

DO YOU HAVE WHAT IT TAKES TO
MEET THESE ATHLETES AT THE
NEXT LEVEL?

Velocity Sports Performance™



HIGH PERFORMANCE FOOTBALL CAMP



**STRONG & EXPLOSIVE
GETS YOU TO THE NEXT LEVEL!**

817-416-0606

www.velocitysp.com/southlake

High Performance Football Camp Schedule and Pricing

Camp Location: Velocity Sports Performance - Southlake, TX

9th - 12th Grade Football Athletes Only

Session 1: Feb. 1st - March 13th

Session 2: March 22nd - May 1st

Days & Times:

Monday, Tuesday, Thursday from 5 - 7pm

Saturdays 10am - 12pm

Cost:

2 Days Per Week = \$125 Per Session

4 Days = \$250 Per Session



Why Do You Train?

The Velocity High Performance Football Camp

Located at VSP Southlake, TX

The Goal

Help Football Athletes at every position realize their athletic potential through a performance training program designed to maximize strength, conditioning, position-specific skills, nutrition, and recruiting knowledge.

The Training

Step 1 Strength & Power

The Velocity program focuses on the development of POWER. The athletes will be taught appropriate exercises to help generate power through the entire body. We will focus on developing power that will transfer to the football field for each position.

Step 2 Position Specific Training/Conditioning

The Velocity training program will also focus on position specific training. Each athlete will be separated into their appropriate position and work fundamental areas that they need to improve on for their position. Conditioning will also be built into this step of the training program.

Step 3 Nutrition

The Velocity Nutrition Program will focus on dissecting each athlete's eating habits and molding their nutritional plan to promote the gain of lean body mass, the loss of body fat, and will ensure each athlete is eating a balanced diet to promote enhanced performance on the field.

Step 4 Recruiting

With the Help of Excel Sports Group & Dartfish Video Analysis each athlete will be educated on the steps for recruiting success. They will also be videoed during each session to use on their recruiting tapes to send to college coaches. Velocity Staff members will also contact any Recruiting Coordinator to assist your athlete in full exposure.

Football Coaching Staff

Chris Wyatt - MBA, CSCS, USAW
Sports Performance Director
Lenoir-Rhyne University
4 Year Starter on Offensive Line
Team Captain

James Childers - M.Ed, CSCS, USAW,
Assistant Sports Performance Director
20+ Years of Collegiate & Professional Strength
Coaching Experience.
High School Coaching experience with OL, DL,
LB, WR, & QB's.

Shaylon Carter - USAW
Defensive Back - Frisco Thunder
Southeastern Oklahomas State University

Our programs are conducted by college degreed and certified coaches which ensures that each athlete will be able to get the instructions they need in order to improve.



Velocity Sports Performance



SUMMER PERFORMANCE SERIES

If you would like more information about
TRAINING PROGRAMS AT OUR CENTER

Please Call

817-416-0606

BE A BETTER ATHLETE.
OFFICIAL PROVIDER OF NIKE SPARQ TRAINING

