

Omaha Burke Football

Explosive Power & Speed Sessions

9TH GRADE

Mission Statement: Burke's Explosive Power and Speed Sessions are designed as a comprehensive program that focuses on explosive power, speed, agility, quickness and football specific reactions. Players will build endurance & strength while developing character that fosters and maximizes individual strengths to improve the functions of the team.



Dates / Times:

Monday June 10th- Thursday, August 8th

--- ONLY Mondays, Tuesdays & Thursdays

✓ arrive @ 9:50am / ready for pick up @11:50am

- 10:00am to 11:00am.....Weightlifting
- 11:05am to 11:45am..... Speed and Skill Training

Cost: \$35.00 per athlete

Submit registration form & payment to the Burke School Store or Head Coach Paul Limongi

All questions may be directed to Head Coach, Paul Limongi:

(402) 557-3235 (office)

(402) 210-7555 (cell)



9th grade

Explosive Power & Speed Registration

CASH / CHECK # _____

Player Name _____

Address _____

Parent Contact Info (in case of emergency)

NAME _____ # _____

Parent Signature X _____