

# Football Skills Training

Pro style position specific coaching for the fundamentals of Football including:  
Leverage and hand positioning / Defeating blocks and pass rushing / Passing, Receiving, Coverage skills  
Offensive and Defensive reads / For all skill positions and linemen!

## Athletes trained by EDGE Sports Fitness staff:



### **Josh Richey**

**(Wide Receiver)**

OKLAHOMA ENERGY (Arena)  
SAN JOSE SABERCATS (Arena)  
WINNEPEG BLUE BOMBERS (CFL)  
NEW YORK DRAGONS (Arena)  
NORTHEASTERN STATE UNIVERSITY



### **Denny Bonewitz**

**(Strength & Conditioning Coach)**

UNIVERSITY OF NORTH TEXAS  
UNIVERSITY OF NEW MEXICO  
UNIVERSITY OF CALIFORNIA  
UNIVERSITY OF HOUSTON  
NIKE - SPARQ Certified  
(Combine coordinator SW region)



### **Keith Mannie**

**(Defensive Back)**

STILLWATER OUTLAWZ (Semi-Pro)  
OKLAHOMA THUNDER (Semi-Pro)  
WORLD LEAGUE CHAMPION '09  
LANGSTON UNIVERSITY  
(Football & Track)

# Get in the GAME!!!

## **Private Skill Training / All Positions**

**1-on-1 Training (30-60 min.)** = \$45-\$70/session (10 session punch cards \$400-\$650)

**Team Mates (2+ athletes)** = \$15-\$40/session (10 session punch cards \$125-\$350)

**Also available:** Year-round Small Group Training / Sports Performance Classes / Camps and Clinics

Save with monthly unlimited packages / see website for more details

## To register call (940) 391-3711

21477 N. Western Ave., Edmond, OK 73012

(between Covell & Coffee Creek - Inside ECA)



# EdgeSportsFitness.com

