



# Pre-Combine Training

Prepare for the NIKE-SPARQ and Rivals Football Combines coming this Spring and Summer of 2012. Athletes will be trained by nationally accredited NCAA strength and conditioning coaches. Be your best by training with the best!

## Technique Training for:

- The 40 yard dash
- The Vertical Jump
- The Pro-shuttle
- The Powerball launch
- The Bench rep max

(Training performed at The EDGE Sports Fitness)

**Now thru May of 2012**

**9<sup>th</sup> thru 12<sup>th</sup> grade**

**Mondays thru Thursdays (6:30-7:30 pm)**

**And Saturdays (10:30-11:30 am)**

**\$25/session**

**or**

**\$100/month unlimited**

**(Less than \$6/session!!)**

**Also available:**

**1-on-1's  
Team Mates**

# EdgeSportsFitness.com

21477 N. Western Ave., Edmond, OK 73012

**940-391-3711**

