

College Prep Training

Are you ready?!

Now that you're a Senior.... Get ready for your college workouts by training with the EDGE!!!
Develop your intensity through collegiate-style SKILL & PERFORMANCE Training.
SPEED – STRENGTH – AGILITY

Athletes trained by EDGE Sports Performance staff:

Denny Bonewitz

(Speed / Strength Coach)

UNIVERSITY OF NORTH TEXAS
UNIVERSITY OF NEW MEXICO
UNIVERSITY OF CALIFORNIA
UNIVERSITY OF HOUSTON

Rob Sundquist

(Athletic Trainer)

CREEKVIEW HIGH SCHOOL
UNIVERSITY OF NORTH TEXAS
OREGON STATE UNIVERSITY

Markese Fitzgerald

(Performance Coach)

WINNIPEG BLUE BOMBERS (CFL)
DALLAS COWBOYS (NFL)
TAMPA BAY BUCCANEERS (NFL)
UNIVERSITY OF MIAMI

Small Group Classes

Year-round training available / Up to 12 athletes per coach

Choose times and frequency from our schedule

High School: 6:30-7:30 pm M-Tu-W-Th / Sat. 10:30 & 11:30 am

\$165 for 10 sessions (approx. 1 hr. ea.)

(\$200/month unlimited)

Team – Mates (2-4 athletes)

Create your own times and days to train

Great if you have “early release” from school

Position specific routines

\$300/athlete for 10 sessions (approx. 1 hr. ea.)

1-on-1 Coaching

Address individual needs

Create your own times and days to train

\$550 for 10 sessions (approx. 1 hr. ea.)

“It’s proven---The results of your season have a direct correlation to the intensity of your off-season training. EDGE Sports Performance offers the most comprehensible off-season programs available.”

Mike Brungardt (Head Strength & Conditioning Coach, San Antonio Spurs – NBA)

To register call (940) 391-3711

331 Golden Triangle Blvd., Keller, TX 76248
(Inside Blue Sky Sports Center)

www.EDGE-SP.com

