



Technique for:

- The 40 yard dash
- The Vertical jump
- The Pro-shuttle
- The Powerball launch

FB Combine Package

Helps prepare for the NIKE OPENING and other Combines coming this spring & summer 2017. Athletes will be trained by nationally accredited strength and conditioning coaches. Be your best by training with the best!



HOW DO YOU RATE?!



Compare your performance regionally & nationally. Jump start your 2017 season. Identifies and promotes talented players in the region. Blast is a Do-It-Yourself sports media platform enabling athletes, teams and high schools to create their own 'ESPN.com' experience.

TEST YOUR PERFORMANCE... EXCEL YOUR GAME!

January 30th – February 25th, 2017

9th thru 12th grade / 4 weeks / Must pre-register!

- 1. Unlimited Speed/Agility Classes (\$150/up to 20 sessions!)**
 - Mo/Tu/We/Th 6-7:30 & Sa 10:30-11:30 am
 - 5x's/wk. Come to as many as you can!!
- 2. Saturday Combine Prep 11:30-12:30 pm (pick 3 dates \$75)**
 - Combine specific drills to improve times
- 3. Friday 2/24/17 Combine "Walk-thru" (\$25)**
 - Refresher course prior to Saturday's BAM Combine
 - 6 pm at The EDGE
- 4. Saturday 2/25/17 BLAST Combine (\$40+ \$25 reg. fee)**
 - 6th-8th grade 8-10 am / 9th-12th grade 10-Noon



Training sessions can be purchased individually or as a package.

To register and set up your profile account

Go to www.blastathletics.com
 Join the Edge Sports Fitness "Club" team
 RSVP for the Event
 Any questions, contact Mark Howard with Blast Athletics at (888) 57B-LAST

Total if individually purchased: \$315

Total for FB COMBINE & TRAINING PKG: \$250 (SAVE \$65!!)

If you're already training at The EDGE with an Unlimited package... your cost is \$150 for the Combine Training PKG!!

To improve your times call: 940-391-3711

13816 Santa Fe Crossing Dr., Edmond, OK 73013 (Just off the Kilpatrick Turnpike)

EdgeSportsFitness.com

