

# DON BEEBE'S HOUSE OF SPEED BUILDS CHARACTER THROUGH SPORTS

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Don Beebe, formerly a famed NFL Player, teacher and coach, co-founded with Dr Jeff Schutt, the House of Speed 20 years ago. The local program meets at Aurora Christian High School, 2255 Sullivan Road (630/466-0082). Over 100,000 athletes in all sports, from the age of 8 and up, have been trained in speed and agility in ways that has allowed them to become professionals; recognizable names include Tony Romo (Dallas Cowboys), Bryan Bulaga (Green Bay Packers), Greg Lewis (Philadelphia Eagles), Michael Turner (Atlanta Falcons), just a few from so many others. Off season training programs have been used by the Chicago Bears, St Louis Rams and the University of Illinois. During his nine year NFL career, Don Beebe played on six Super Bowl teams and was considered the fastest in his sport. His legacy lives on at House of Speed that offers Private Training, Weekly Clinics, Small Group Training and Speed Camps for all age and skill levels as well as Combine Training for high school, college and professional athletes. State of the art programs have led to national recognition for House of Speed. Together with the development of character the sportsmanship, athletes are given all the important keys to success in whatever sport they choose. The athletic performance that is taught widens the gap between competitors.



The scientifically developed programs allow athletes to achieve high levels of speed, agility and explosiveness. Three unique tools are the "PowerPull" to develop horizontal acceleration, the "Bear" to boost vertical explosiveness and the "Red" to improve muscle power. A high tech video analysis system helps identify areas that need improvement.



"MySpeed" is software that demonstrates skills tracking and progress which is helpful to athletes, as well as their coaches and parents, to compare themselves against others.

Speed & Agility Training takes place Mondays and Wednesdays from 7 – 8:30 PM and Sundays from 2 – 3:30 PM. No pre-registration is necessary and the \$25 session fee can be paid at the door. There are two other packages for 4 and 8 sessions as well. An upcoming date for MySpeed and Video Analysis is scheduled for Wednesday, November 14th from 7 - 8:30 PM. Private one on one, individual and team training is also available; call to schedule.



Middle and High School Football Academy is considered the most sought after training in the area. Drills and techniques that are taught include technical training for each position, involving positional, skill, strength and explosive drills. An eight session Middle School Academy class meets Sundays from 4:30 to 6 PM on December 30, January 6, 13, 20 & 27 and February 3, 10 & 17.

The Sunday Football Academy for QBs, WRs & DBs meet Sundays from 1:30 – 3 PM or 3 – 4:30 PM; for RBs, LBs and Linemen from 6 – 7:30 PM on December 2, 9, 16, 23 & 30, January 6, 13, 20, & 27 and February 3, 10 & 17. Sunday (3 – 4:30 PM) and Wednesday (7 – 8:30 PM) sessions are also available for QBs, WRs & DBs on December 12, 19, 22 & 29, January 5, 9, 19 & 26 and February 2,

9, 16 & 23 with extremely limited enrollment.

Explosive Volleyball Training, designed for Middle and High School players, meets Wednesdays from 5:45 to 6:45 December 12 & 19, January 9, 16, 23, & 30 and February 6, 13, 20 & 27. Enrollment is limited to twenty players. Workouts are designed for players to jump higher, react and move quicker, hit harder and become more explosive.

House of Speed's Basketball Academy is coming soon. Athletes will learn shooting technique & consistency, ability to attack off the dribble, quickness in feet and hands and explosive power for maximum vertical.

The Fox Valley area is privileged to have a program such as the one that House of Speed offers. Athletes are encouraged to take advantage of it!