

# BACK 7 & BIG MAN SPRING FOOTBALL CAMP

Train Smarter with PerformFit Sports Experience



This four week program is designed for football players who are serious about improving their game. This camp will focus on football skills, speed, strength, and power. Through our individualized approach to development, we teach and train our athletes with a proven program to provide every athlete with an experience designed to deliver improved performance. Lamar King, former 1st Round NFL draft pick of the Seattle Seahawks and 6 year NFL player, will be overseeing the football skills and development program. Lamar has been coaching student athletes for many years and will be on the sidelines for Loyola High School this fall. If you want your players to be stronger and faster for your season, the summer is too late. Now is the time to begin training!

**Call us at 410-785-2600 to register  
an individual player or an entire team.**

## OFF SEASON TRAINING:

MAY 2 - MAY 25  
Mondays & Wednesdays  
6-8PM

Grades: 8-12  
OL/DL, TE's, LB's, DB's

Cost: \$165

- FOOTBALL SKILLS
- ACCELERATION TRAINING
- SPEED AND POWER TRAINING
- FLEXIBILITY TRAINING
- CORE STRENGTH