

Maximize your explosive speed potential



We are offering an opportunity for your athletes to learn and take advantage of training that is designed to make them faster and more explosive. Our goal is to improve on their knowledge of proper technique while working to both strengthen their core and improve their flexibility. In doing so, we will utilize effective agility drills, plyometrics and resistance training. These training camp sessions will begin on June 14th and continue until July 16th, 2010. Workouts will be run by Jamal Felton and Kevin Miller.

Jamal Felton is a former Division I collegiate athlete (Football) at the University of Rhode Island.
Coaching Credentials:

Head Track and Field Coach, *Westview* (2010-present)

Assistant Varsity Football Coach, *Westview* (2007-present)

Kevin Miller is a former Division I collegiate athlete (Football) at San Jose State University and San Diego State University. Kevin has worked as the strength and conditioning coach at Mt. Carmel High School. His other extensive credentials are available at www.purespeedpro.com.

We plan to share our experience in collegiate athletics as well as our knowledge of training to develop young athletes. This is a great opportunity to change up your athletes regiment and get the most out of their abilities!

Cost: \$215 (Includes Insurance)

Location & Days: Westview High School Stadium (M-W-Th)

Registration Deadline: June 7, 2010 (first twenty registrants are guaranteed)

Please make Checks Payable to: **Jamal Felton**

Contact:

Jamal Felton
(858) 829-6670
jafelton@powayusd.com