

Preparing to Win Power Training for NAHS Football Players

SUNDAY, JUNE 14TH
NAHS GYM 4 p.m.



*An Introduction and Orientation to Weight
Training and Plyometrics
for
All Incoming Freshmen Football Players,
Current Freshmen Football Players,
And Parents*

Presented by:

John Sullivan

M.S. Strength + Conditioning

Athletic Based Training

Holliston, MA

This special presentation is designed to teach football players proper weight training techniques and safety in the weight room. It is also intended to help give parents confidence that their son can lift weights in a safe environment this summer. Players should wear workout clothes and will have the opportunity to try the different lifts. Players will also be given a ten-week preseason training program to prepare themselves for the upcoming football season. *For more information email Djohnson@naschools.net*