

# Burke Football 2021

## 9<sup>th</sup> Grade

### Explosive Power and Speed Training Sessions



**Mission Statement:** Our Explosive Power and Speed Sessions are designed as a comprehensive program that focuses on explosive power, speed, agility, quickness, and football specific reactions. With this in mind, we gear our program towards meeting the specific needs of the team and its members.

**Dates:** Monday June ~~10<sup>th</sup>~~ 14<sup>th</sup> - Thursday August ~~8<sup>th</sup>~~ 5<sup>th</sup>

**Days Each Week:** Monday, Tuesday, & Thursday

**Times:** 10:00-11:00am - Weightlifting  
11:05-11:45am - Speed and Skill Training

**Cost:** \$35.00 per Athlete

(Make checks payable to Burke High and return to the Burke School Store or Head Coach Paul Limongi)

If you have any questions, please call Head Coach Paul Limongi 557-3235 (office) 210-7555 (cell)

Turn bottom portion in with registration.

---

Return with payment to Burke School Store, 12200 Burke Blvd., 68154 or Head Coach Paul Limongi.

Name: \_\_\_\_\_

Grade (in fall): \_\_\_\_\_

Address: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Formatted: No underline