

# Elite Program: Ages 11–15

## Junior Elite: Ages 7–10



Presented by —

Football skills training for all young athletes playing WR, RB, DB, TE LB, QB. These programs include advanced instructions, technique improvement training, and challenging drills. All players will be taught athletic movements that not only apply to football, but to other sports as well. Our goal is to make you a better football player, "Destination Next Level" is our motto.

### Program Emphasis –

Fast Footwork Drills • Agility Drills • Change of Direction • Body Control • Receiving Drills • Proper Route Running • Defensive Drills • Backpedaling • Reaction Drills

### Instructors –

Jay Bellamy 14 year NFL veteran and Charlie Rogers a 6 year NFL veteran. First year coaches at Matawan, 2009 State Champions!

### Choose Location:

- Sports Zone Fitness Center (Edison)
- Turf Trainers (Neptune)
- Matawan Regional High School (Matawan)

### SPORTS ZONE FITNESS CENTER

76 Carter Drive, Edison NJ  
732 650 1224

Pre-register at [www.prostarsfootball.com](http://www.prostarsfootball.com) or [www.sportszonefitnesscenter.com](http://www.sportszonefitnesscenter.com)

DATES: MAY 18,20,25,27 / JUNE 1,3,8,10,15,17,22,24

### JUNIOR ELITE FOOTBALL TRAINING (ages 7–10)

6:30–7:30 PM Tuesdays & Thursdays  
6 training sessions \$75 / 12 training sessions \$140

### ELITE FOOTBALL TRAINING PROGRAM (ages 11–15)

7:30–8:30 PM Tuesdays & Thursdays  
6 training sessions \$80 / 12 training sessions \$150

### GROUP RATES:

3–6 players 5% discount / 7–10 players 10% discount

PAYMENT PLANS available for 12 session package only!!!

\$75 down \$10 per session = \$185

(\$35 refund with perfect attendance)

All walk ups are \$25 per session!!!

## TURF TRAINERS

930 Heck Ave., Neptune, NJ

Pre-register at [www.prostarsfootball.com](http://www.prostarsfootball.com) or [www.turftrainers.com](http://www.turftrainers.com)

DATES: MAY 17,19,24,26 / JUNE 2,7,9,14,16,21,23,28

JUNIOR ELITE FOOTBALL TRAINING (ages 7–10)

6:00–7:00 PM Mondays & Wednesdays

6 training sessions \$75 / 12 training sessions \$140

ELITE FOOTBALL TRAINING PROGRAM (ages 11–15)

6:00–7:00 PM Mondays & Wednesdays

6 training sessions \$80 / 12 training sessions \$150

GROUP RATES:

3–6 players 5% discount / 7–10 players 10% discount

PAYMENT PLANS available for 12 session package only!!!

\$75 down \$10 per session = \$185

(\$35 refund with perfect attendance)

All walk ups are \$25 per session!!!

## MATAWAN REGIONAL HIGH SCHOOL

450 Atlantic Ave., Aberdeen , NJ

Pre-register at [www.prostarsfootball.com](http://www.prostarsfootball.com)

JUNIOR ELITE FOOTBALL TRAINING (ages 7–10)

9:00–10:00 AM Saturdays

May 22 / June 5, 12 / July 10

8:00–9:00 AM Sundays

June 20, 27

6 training sessions \$75

ELITE FOOTBALL TRAINING PROGRAM (ages 11–15)

10:00–11:30 AM Saturdays

May 22 / June 5, 12 / July 10

9:00–10:30 AM Sundays

June 20, 27

6 training sessions \$120

GROUP RATES:

3–6 players 5% discount / 7–10 players 10% discount

PAYMENT PLANS available for ELITE FOOTBALL TRAINING PROGRAM package only!!!

\$60 down \$15 per session = \$135

(\$35 refund with perfect attendance)

All walk ups are \$25 per session!!!