



PREMIERE INDOOR TACKLE



(PIT)

OF CLIFTON PARK

PRESENTS:

HIGH SCHOOL FOOTBALL COMBINE TRAINING

For 10th-12th Grade Athletes

MONDAY, JANUARY 16th, 2012

(Martin Luther King Day)

7:45 AM - 11:30 AM

CLIFTON PARK/HALFMOON SPORTSPLEX
6 CORPORATE DRIVE, CLIFTON PARK

Training Includes:

Combine Specific Training
Offensive/Defensive Positional Training
Performance Improvement Information

Combine Specific Training includes the following combine drills:

40 yard dash	Show how explosive athletes are off the line & how he maintains it
Vertical Jump	Designed to test leg strength and lower body explosiveness.
Broad Jump	Designed to show sluggishness, heavy leggedness and lack of explosiveness.
20 yard Shuttle	Designed to test explosiveness; how an athlete bends, and changes direction, & body control.
3 Cone drill	Designed to test an athlete's efficiency in changing direction, moving left and right, explosiveness, balance, body control, and mobility.

Our goal: To provide the athlete with the best training to prepare for a future football combine using an education and evaluation process.

COST: \$ 55 (includes a shirt)

Registration Deadline: December 23rd, 2011

Limit: 120 Athletes



Visit our website: www.premiereindoortackle.com





High School Combines:



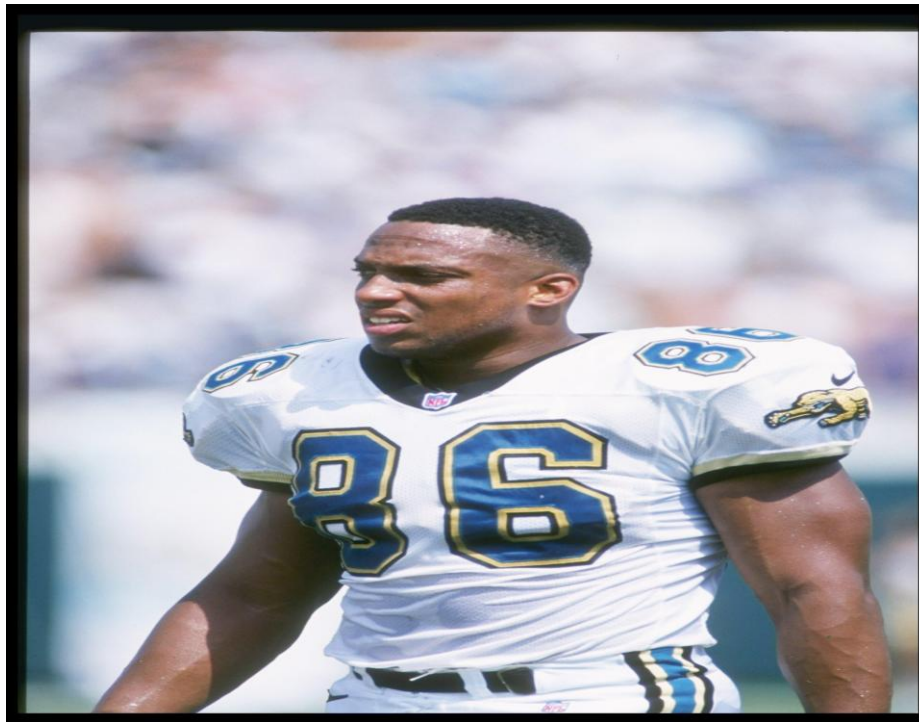
High School combines allow athletes to showcase their skills, evaluate the need for further development and performance improvement, see how they compare to other athletes across the country, and to fuel interest amongst college recruiters. The goal of every combine should be to test athletes in the most accurate and thorough way possible.

Our High School Combine Training:

Athletic Republic of Clifton Park, PIT coaches, and area high school & college coaches will provide trainers, equipment, and guided rotations to ensure a structured and successful combine training. The expertise of these coaches and trainers will result in accurate timing and scoring for each athlete.

We are proud to have 9 year NFL Alumna, **Derek Brown**, as one of our PIT coaches. Derek was a former Parade Magazine & Gatorade Player of the Year, and a consensus High School & Collegiate All American from National Champion Notre Dame, where he started as a freshman. He was a 1st round draft pick in the NFL draft.

Derek will talk to the athletes about his combine experience and what they should expect.



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Offensive & Defensive Positional Training:

At the completion of the combine training drills/stations, area high school and college coaches, with PIT coaches, will provide positional training to review key elements of offensive and defensive positions.



Performance Improvement:

Maggie Ferrari of Praestantia Sports will talk to athletes regarding improving their performance. Maggie is the co-founder of Praestantia.

Praestantia

Latin For "Excellence"
(preh-stan-shee-ah)

The most affirmative path to excellence in competitive sports today.
We specialize in teaching the mind and body to play together.
We help athletes take their performance to the next level
So they might realize their full human potential.
We assist athletes and teams find excellence.

Maggie Ferrari, CHT is a graduate of the Hypnotherapy Academy of America where she received the professional designations: Certified Clinical Hypnotherapist, Medical Support Hypnotist and Master Hypnotist. Former Owner of Transitions Mental Conditioning for Athletic Excellence, now Co-Founder of Praestantia Sports.

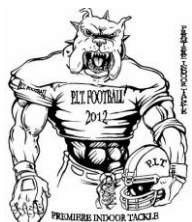
In addition, Maggie has earned advanced certifications in Sports Hypnosis, Peak Performance Training and Mental Conditioning for Sports. Ms. Ferrari is also the founder and owner of Transitions: Mental Conditioning for Athletic Excellence, located in East Greenbush, New York.

Assisting athletes, coaches and teams is the core of Maggie's private practice. She works with athletes in all different sports, age groups and levels of ability to help them become the best they can be. Her client base currently stands at nearly 1,400 and includes many of the best young athletes in the United States and beyond. From junior high school all the way up to elite and professional levels, Maggie's various programs have helped athletes improve their performance and gain a real competitive edge.

Current and former clients include: Shatiek Lewis (Milford Academy), Jordan Canzeri (Iowa), Jay Yaskanich (RPI Engineers), Cole Stoudt (Clemson), Zack Stoudt ('Ole Miss), Damien Edwards (USF), Quinton Alston (Iowa Hawkeyes), Evan Reichenbach (FAU), Gavin Edwards (Former UConn Basketball & currently playing professional basketball in Greece), and many more.

Co-founder of Praestantia Sports with Ms. Ferrari is Earl Edwards, CHT: In college and in the NFL, Earl Edwards was considered an exceptionally versatile and gifted athlete by many. For 12 seasons, Earl enjoyed a very successful professional career. Earl continues to work with youth, is involved in technique coaching, and substitute teaching. He is an integral part of athletic development at Praestantia and also provides his special knowledge and expertise on position specific script writing for all mental conditioning session work.

"When we (coaches) find the time to incorporate mental training into the core conditioning process we will soon begin seeing even more incredible accomplishments in sports. It's all right there in front of us. All we have to do is take that bold first step and recognize the power of our own incredible God-given human intelligence and the sky is the limit."



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