



Velocity Sports Performance™



Why Do *You* Train?™

FOOTBALL SKILLS & SPEED CAMP

You can't become a better football player by just playing more football. You need to improve your overall athleticism and skills. The Velocity Sports Performance Summer Performance Series will focus on:

- Improving FB Fundamental Skills
- Developing explosive Power
- Increasing your Speed
- Improving agility on the field
- Reducing the likelihood of injury

This camp features both football skill instruction and Velocity Sports Performance's unique and proven speed training. Players will work with college & high school coaches as well as NFL Veterans to develop football fundamentals. Train with our degreed and certified coaches and take your game to the next level.

TRAIN WHERE THE PROS TRAIN!!! NFL / College Players who have trained with us:

Stephen Paea, DT, Oregon State
 Jake Locker, QB, Washington
 Von Miller, LB, Texas A&M
 Shane Vereen, RB, California
 Nate Solder, OT, Colorado

Clay Matthews, OLB, Green Bay Packers
 Alex Parsons, OG, USC
 John Sullivan, C, Minnesota Vikings
 Mark Sanchez, QB, NY Jets
 BJ Raji, DT, Green Bay Packers

Toby Gerhart, RB, Minnesota Vikings
 Earl Thomas, DB, Seattle Seahawks
 Colt McCoy, QB, Cleveland Browns
 Donald Brown, RB, Indianapolis Colts
 Aaron Hernandez, TE, Patriots



DATES: July 25 – 29
WHERE: Mira Costa HS
TIME: 9:00 – 12:00pm
AGES: 3rd – 8th grade
COST: \$199

Register online at:
velocitysp.com/southbay/camps

