



SUMMER 2021

FOOTBALL STRENGTH & CONDITIONING PROGRAM

Limited Spaces Available | High School - D1



**FIELD & TURF WORK | WEIGHT TRAINING | SPEED & FIRST
STEP DEVELOPMENT | POSITION SPECIFIC SKILL WORK |
AGILITY & LATERAL MOVEMENT | POWER & ENDURANCE**

JUNE 21 - JULY 30

MON/ WED/ FRI 6:30 PM - 8PM

Due to strict capacity limits waiting lists may apply. Payment plans with deposit and sibling discounts available.



Full Details & Registration:

OMRTRAINING.COM | 410-430-1652

799 N. SALISBURY BLVD #1200, SALISBURY, MD

