

**STARTING JANUARY 7, 2025**  
with Zach Wilkie, CSCS, BKin, BEd

PROGRAM 1: Bantam Program (Ages 12-14)

PROGRAM 2: Quarterback Specific Training



# OFF SEASON FOOTBALL PERFORMANCE TRAINING

- ✓ Individualized Intake: Use force-measuring equipment and personalized analysis to understand your style of play and design a program that builds on your strengths while addressing key development areas.
- ✓ Strength & Power Development – Lay the groundwork for full-body strength and explosive power.
- ✓ Speed & Agility Work – Master change-of-direction skills and sprint mechanics to outpace the competition.
- ✓ Mobility & Coordination – Build resilience and durability. Enhance coordination for smoother, more efficient movement on the field.

**THE BRIDGE - 109 2055 PREMIER WAY, SHERWOOD PARK**

Call 780 570.0225 to register or book online: [www.thebridge.fit](http://www.thebridge.fit)