

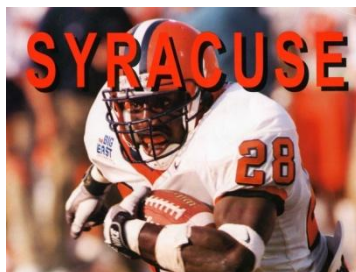


Introducing
H.I.T. Pre-season High School
Football Team Camps
High Impact Training

H.I.T. preseason high school football camps cover speed, strength and conditioning, agility drills and injury prevention. We get your players ready for their high school preseason and seasons. Our camp director is Kyle McIntosh. Kyle incorporates the different type of training methods he has done himself, including Nike Sparq and those at Syracuse to help all levels of football teams get ready for their football seasons.

Camp Director: Kyle McIntosh

Kyle is one of the all time greats at Cheshire High and the State of Connecticut and while at Syracuse University he surpassed Jim Brown on the school's all time rushing list. While at Cheshire his teams won three state championships, he was a high school football all-american, sixth all time leading rusher in CT and recruited by every major division 1A team in the nation. While at Syracuse his teams won three Big East Championships, currently ranked 11th all time on their rushing list, named 1997 Walter Camp CT Player of the Year. Kyle had a tryout with the Detroit Lions and played professionally for three years in Europe. Kyle brings his high school, Div I and professional football knowledge back to Connecticut high school football players with HIT camps.



Camp Information:

Preseason High School Football Teams Camp Sessions: Five days, 1.5 hour daily training sessions includes one session covering nutrition and the college process from NoticeME!TM college expert Dan Hammond.

Cost: \$95 per player

Location: At your own high school.

When: Weeks of July 26, Aug 2, 9, 16. 4 time slots, 9 to 10:30, 1 to 2:30, 4 to 5:30 and 7 to 8:30.

Sample H.I.T. Preseason High School Football Teams Camp Schedule:

Day 1	Day 2	Day 3	Day 4	Day 5
Warm-up and Stretch Form – Run Speed Work Skilled Positions 2 x 440 yds at 90 secs -- 2 min. rest in between 4 x 220 yds at 40 sec -- 2 min. rest in between 4 x 100 yds at 15 secs -- 60 sec. rest in between b. Linemen 5 x 100 yds at 15 secs -- 90 sec. rest in between 10 x 50 yds at 8 sec -- full recovery in between 20 x 30 yds at ¾ speed -- full recovery in between Stretch 10-15 min.	Warm-up and Stretch Form – Run Plyometrics: SQUAT JUMP SINGLE LEG TUCK SPLIT SQUATS LATERAL HOPS STANDING LONG JUMP DOUBLE LEG HOPS Stretch 10-15 min	Educational session Nutrition and round table discussion on the recruiting process; what should you be doing now for colleges done by NoticeMe college expert.	Warm-up and Stretch Form – Run Agility Circuit: GATE DRILL PRO AGILITY SHUTTLE 5-10-5 DOUBLE LADDER ICKEY SHUFFLE LADDER HOPSCOTCH HIGH KNEE HURDLE RUN HIGH KNEE HURDLE RUN WITH CONES Stretch 10-15 min	Warm-up and Stretch Form – Run Skills Challenge (TBA) Stretch 10-15 min

H.I.T. Preseason High School football participants will be prepared for their high school pre-season, in shape and know what they have to improve on to be ready for the pre-season. High school football coaches will have less “band-aid” injuries to deal with during their all important preseason evaluations. All participants will receive a three month subscription to the NoticeME!TM the student information system for athletics. Register online to reserve your high school team’s week and time slot by going to: <http://www.collegeshowcasesamerica.com/footballcamps.html>.