



BALLYHOO
SPORTS ACADEMY AT HHAC

FOOTBALL PERFORMANCE TRAINING

Program Benefits Include:

- Proper Training Techniques • Access to State-of-the-Art Equipment
- Bodyweight Mastery, Especially of the Athletic Position • Spatial Awareness • Jumping and Landing Mechanics • Athletic Positioning
- Balance & Coordination • Change of Direction • Power and Strength • Mobility and Flexibility • Decrease 20 & 40 Dash Times
- Increase Vertical Jump Height

All programs are updated to maximize progress



Program Levels:

Youth (10-12) • Junior (12-14) • Senior (14+) • Advanced (17+)

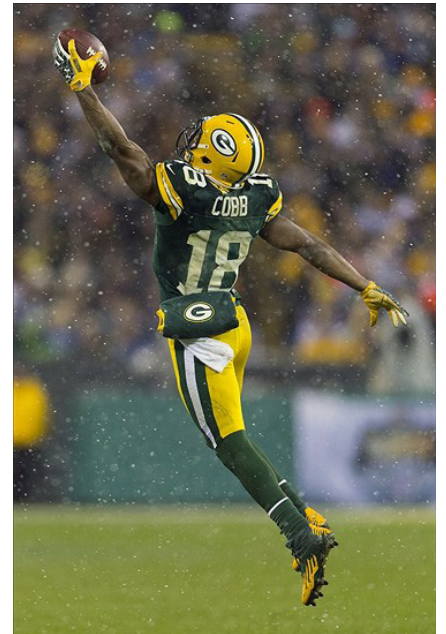
Skill Specific Programs:

Power Program • Vertimax Training Program • Speed & Agility Training • Advanced Strength Training

Training Group Options

1 on 1 • Small Group 2-6 • Classes 4-12 • Team Training

Programs will have lengths of 30, 45, 60, 75 and 90 minute options.



Former Football Players Trained by Sports Performance Director Mike Malone:

Randall Cobb, Eric Decker, DeAngelo Williams, Stephen Gostkowski, Avery Williamson, Bud Dupree, Larry Warford, Danny Trevathan, Corey Peters, Winston Guy, Carson Palmer, Evan Mathis, Andrew Whitworth, Cedric Benson, Chad Ochocinco, Leon Hall, Johnathan Joseph, Roy Williams, Dhani Jones, Rey Mauluga, Andre Smith, Justin Smith

Inquire online at BallyhooSportsAcademy.com/sports-performance
or contact Mike at Mike.Malone@hhgr.com

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