

# Football Specific Training

“Training at a High Level = Playing at a High Level”

**Presented by**

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These workouts are for serious players with goals to reach the highest levels in their sport. Utilizing over 18 yrs of experience in training and coaching elite level athletes at the University level Dino assesses the needs of each athlete and is able to manipulate workouts that create benefits for each player. Each 1.5 hour session will have a specific focus and will include an athletic dynamic warm-up, speed/agility drills, explosive strength and power lifting, core stability, cool down and post-stretch. Other areas essential to the full development of the athlete will be covered including diet, academics, leadership and recruiting creating the total package. Athletes must be prepared for indoor and outdoor workouts. Each athlete will also receive a binder with workout information and a means to chart progress.

## **Sessions for high school and post-secondary players**

**Ongoing Sessions register by the month**

**Mondays & Wednesdays 7:30-9:00pm and Saturdays 2:00-3:30pm (3X per week)**

**One Free Session each month**

**12 sessions \$280.00**

(GST and a one month membership to Maximum Cardio Core Studio included)

(cash or cheque made to Eastridge Consulting)

All sessions will be hosted at

**Maximum Cardio Core Studio**

**3433 East Hastings Street**

**Vancouver B.C.**

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