

2 DAY INTENSE



FOOTBALL TRAINING CAMP



**Special
Price!**

\$399

register by May 31st



**Includes a family weekend membership at the...
Premier Health, Fitness & Swim Club at the Jersey Shore**

TEST
FOOTBALL
ACADEMY

The Atlantic Club



Football Skills Intensive Training Camp

The TEST Football Skills Summer Weekend Intensive 2 Day Football Camp will be incorporating the drills and techniques that are used in preparing athletes that are involved in The NFL Combine Training Program with many of the same coaches. The TEST Football Academy will prepare each athlete to be better prepared than ever for their upcoming season. This Two Day Intensive Football Skills Camp will provide outstanding instruction from both current and former NFL players and coaches. Athletes will have the tools and strategies to enter their upcoming season focused on making it their best season ever!

Saturday & Sunday
July 14th July 15th

**Special
Price!
\$399**

9am - 3pm

Cost ~~\$525~~

Team Discounts Available!

(Register by May 31st)

Ages 12 + older

***Featuring Scott Brunner and
professional athletes***

- Throwing
- Passing Routes
- Strength Training
- Basic Skills Training
- Blocking
- Agility Drills
- Position Mechanics
- Footwork

***Current NFL
be on hand to
autographs!***

BRIAN MARTIN

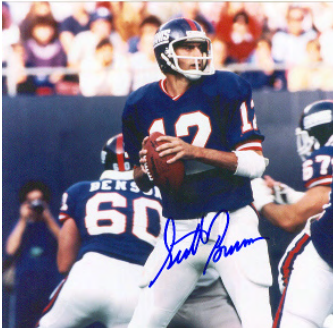
TEST (Total Energy System Training) Football Academy, Founder/CEO. Brian is a graduate of Bloomsburg University with a degree in Exercise Physiology where he also was a varsity linebacker on the football team after competing at the University of Delaware earlier in his college career. He is a certified strength and conditioning specialist (CSCS) with the NSCA and he is a national speaker in the area of sport specific training.



SCOTT BRUNNER

Former NY Giant, who won the National Championship at The University of Delaware, and Offensive Coordinator for TEST Football Academy, which has trained the likes of:

- | | |
|-------------------------|---------------------------------|
| Mark Sanchez - Jets | Bart Scott - Jets, |
| Joe Flacco - Ravens | Da'Rel Scott - Giants, |
| Vladimir Ducasse - Jets | Barry Cofield - Giants Redskins |



***Players from the Jets and Giants will
to teach techniques to kids and to sign***



Weekend Family Membership Included!

The Test 2 Day Intensive Football Camp also includes a benefit by providing a Family Membership to the families that have athletes participating in the Program. This weekend membership includes the use of The Atlantic Club's Main Health and Fitness Center as well as the Outdoor Swim Club. Saturday Evening, July 14th, The Atlantic Club will be hosting a Family Barbecue at 3:30pm for the players and coaches along with the family members. Please note, athletes are free and there will be a \$10 charge for each family member that attends this fun event. Also, ask about our listing of local hotels that will be providing a limited number of rooms at a special rate.



The Atlantic Club

At The Atlantic Club, we're at the leading edge of what's hot in the fitness industry. Our state-of-the-art health clubs include indoor and outdoor pools, large fitness facilities, tennis courts, hiking trails, hot tubs, steam rooms, spacious and accommodating locker rooms, and a café. There are always new and exciting fitness classes and programs to participate in, including yoga and pilates, and support from some of the top personal trainers at the Shore.



Expanding Wellness. Extending Life.

1904 Atlantic Ave | Manasquan, NJ 08736
732.292.4475 | www.theatlanticclub.com