



## **Offseason Football Training**

**The Center for Health and Sports Medicine is offering sports performance training locally through our RISE Wellness Programs. Our Athletic Development programs are designed to develop athletes in all foundations of sports performance.**

**Here's what you can expect out of your RISE Offseason Football Training**

### **Evaluation and Program Set Up**

- Our evaluation begins with a functional movement screen and performance testing to provide us information on how you move and your current ability
- After your initial intake is complete, we design a semi-personalized program for you to be successful in the training we provide

### **Programming**

- Strength and Power training to develop fundamental weight training skill, incorporating functional movement and proper technique to develop a foundation for future development
- Speed and Agility training to develop the proper lateral and linear movement to improve overall athleticism

### **Offseason Football Training Package**

- Combined Strength/Power & Speed/Agility Training 3 days a week \$100 per month M/W/F (4-5pm or 6-7pm)
- Combined Strength/Power & Speed/Agility Training 2 days a week \$80 per month T/TH (4-5pm or 6-7pm)
- \$25/\$15 a month discount per additional child per family

### **Staff**

- We utilize a scientific approach based in the fields of sports medicine, athletic development, exercise physiology and athletic training, all of which create a process for high performance
- Combining over 30 years of experience working with youth, high school, professional, collegiate, and Olympic athletes

### **Contacts**

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