



## **X Factor Performance P.A.S.S. (Power/Agility/Speed/Strength) Off Season Training**

Location: 211 Davis Park Road at Cross Water Church

Athletes will train indoors utilizing various equipment as well as outdoors under supervision of X Factor Performance Coaches.

When: 03/06/2017

Monday and Wednesday evenings \*60 min sessions\*

Time: 6:00pm-7:00pm

Coaches: Xavier Brewer, CPT.

- Former Clemson & NFL Player
- Nationally Certified Personal Trainer

CJ Brewer, CPT

- Former NFL Player
- Nationally Certified Personal Trainer

Terrance Plummer CPT

- Former UCF, NFL & CFL (current)

Geoff Thomas CPT:SN

- Nationally Certified Personal Trainer
- Sports Nutritionist

Cost: \$80 per month per athlete (\$40 discount for siblings)

Register at: [X Factor - https://clients.mindbodyonline.com/asp/main\\_shop.asp](https://clients.mindbodyonline.com/asp/main_shop.asp)

- Go to the Online Store, drop down groups and you should see the Outlaws Program

Each athlete will be given specific instructions based upon their goals and skill levels by our coaches in our team training to benefit both the athlete and the team as a whole. Parents will have access to Nutrition Counseling for these athletes in addition to their training programs.

We look forward to empowering the athletes of the Outlaws,