



## WHO HAVE WE TRAINED?

Here is a partial list:

- Marcus Burton, LB / Colorado
- Brandon Fanney, DE / Alabama
- Joey Madrid, DL / Colorado State
- Dion Morton, WR / Colorado State
- Patrick Williams, WR / Colorado (Now playing for the Green Bay Packers)
- Maurice Cantrell, FB / Colorado
- Chase McBride, WR / Colorado
- Thaddeus Washington, LB / Colorado
- Terry Washington, CB / Colorado
- Blake Mackey, WR / Colorado
- Melvin Holiday, RB / Colorado
- JJ Billingsly, SS / Colorado
- Cory Fauver, WR / Northern Colorado
- Vinny Pallone, DL / Northern Colorado
- Shawn Sopoaga, DL / Northern Colorado
- Robert Baker, OL / Northern Colorado
- David Beaver, LB / Western Illinois
- John Dutton, QB / Colorado Crush, AFL
- Delvin Hughley, DB / Colorado Crush, AFL
- Chris Watton, OL / Colorado Crush, AFL
- Mike Johnson, OL / Indianapolis Colts, NFL
- Scott Zimmerman, LB / Dallas Cowboys, NFL
- Saul Patu, DE, FB / Columbus Destroyers, AFL



**IMPACT**  
SPORTS PERFORMANCE

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11575 Main Street #100  
Broomfield, CO 80020

[MyImpactSports.com](http://MyImpactSports.com)

# College 2010 Football

**SECOND TO NONE!**

May 24th – July 30th



**IMPACT**  
SPORTS PERFORMANCE

**BECAUSE YOU WANT TO BE THE BEST!**

# May 24th- July 30th

Meets at 9:30-11:00am Mondays, Wednesdays and Fridays

“

Thanks for the IMPACT!  
I can really feel the difference and  
now I'm ready for the NFL.

- Patrick Williams / CU, Grenn Bay Packers

Impact Sports has a program specifically for the college football athlete. The program is designed and implemented by Jamie Heiner, Certified Strength & Conditioning Specialist and former NFL linebacker for the Tennessee Titans .

- Running Mechanics
- Explosive Power
- Functional Strength
- Video Analysis
- Nutritional Planning
- Pre & Post Test Measures

## FEATURES AND BENEFITS

- Electronic Pre & Post testing including 40 yd, pro-shuttle, L-drill, bench press reps (225 lbs), vertical & broad jumps for accurate improvement
- Nutritional planning specific to your needs so you get ultimate results
- Comprehensive video analysis of running mechanics and movement patterns

## COMPREHENSIVE SPORTS PERFORMANCE TRAINING

The ultimate goal is to prepare athletes to have their best season ever! We will provide not only speed, agility and quickness programs, but will assist in nutritional plans, mental toughness, game preparation and more.

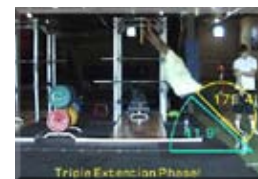
The program will provide the ultimate training experience and ensure that the players are getting quality reps and plenty of one-on-one guidance.

The program meets 3 days a week from 9:30 am – 11:00 am (M, W, F) with the focus on speed, power, agility, reaction and quickness!

From there the athletes will execute a strength training program in the weight room geared towards total body power, functional strength and explosiveness! Our training model uses highly explosive lifts emphasizing proper technique in the Olympic lifts and other multi-joint movements designed to replicate the movements performed on the field of play.



Now featuring Dartfish! The same software used by 88% of Gold Medal winners in the 2008 Beijing Games!



## PRICING INCLUDES:

- Custom strength program
- In-Depth Video Analysis
- Nutritional Plan
- 20% OFF EAS & Arbonne nutritional supplements

2009 PRICING

**\$899 / ATHLETE**

“ Impact helped improve my game in every area; quickness, speed, power – you name it. ”

- Terry Washington / CU

