



# OFF-SEASON FOOTBALL PROGRAM

**STRENGTH & CONDITIONING**

**BEGINS DECEMBER 13TH**

This program is designed for football players who want to excel at the highest level. Our program will take athletes through a progression of training in order to develop stronger, faster, more powerfull, and better conditioned football players. Whether you are a high school stand-out or college All-American, Varsity House will absolutely give athletes the tools necessary to reach their best athletic potential. All of our groups are separated according to relative age and ability.



**COLLEGE, HIGH SCHOOL & MIDDLE SCHOOL ATHLETES**



## Winter Training Schedule

*Sessions are approximately 1 hour*

### Sample Training week

*(times to be determined)*

#### Monday

Max Effort Upper Body

#### Tuesday

Dynamic Lower Body / Speed Development

#### Wednesday

Regeneration / Restoration / Range of Motion

#### Thursday

Volume Upper Body / Agility Training

#### Friday

Max Effort Lower / Strongman Training

"There is always someone out there getting better than you by training harder than you."  
- NOT TODAY -

**CALL FOR PRICES & TO CONFIRM YOUR SCHEDULE NOW!**

**Varsity House**  
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## **VARSITY HOUSE OFF-SEASON FOOTBALL PROGRAM**

Dear Players, Parents, and Coaches,

Starting soon the Varsity House off-season football program will be getting underway. The program is all inclusive with up to five training sessions per week including; strength training, power development, speed training, football specific conditioning, and flexibility/restoration training. There will be several groups for middle school, high school, and college athletes each week. The program runs from December 14<sup>th</sup> to the start of our Pre-Season Football Training Camp in June.

This program is designed for football players who want to excel at the highest level. Our program will take athletes through a progression of training in order to develop stronger, faster, more powerful, and better conditioned football players.

Whether you are a high school standout or college All-American, Varsity House will absolutely give athletes the tools necessary to reach their best athletic potential. All of our groups are separated according to relative age and ability. All athletes will receive a nutritional guidance booklet, and a Varsity House T-Shirt.

### **Winter Training Schedule: Sessions are approximately 1 hour.**

- Monday – Max Effort Upper Body
- Tuesday - Dynamic Lower Body / Speed Development
- Wednesday – **R<sup>3</sup> TRAINING** Regeneration, Restoration, and Range of Motion
- Thursday - Volume Upper Body / Agility Training
- Friday - Max Effort Lower / Strongman Training

### **Pricing:**

*College Athletes - Program Starts December 14<sup>th</sup>*

- **Full 4-5 Week Program - \$350**

*High School/Middle School Athletes - Program Starts November 30<sup>th</sup>*

- **10 Session Block - \$300**
- **20 Session Block - \$500**
- **40 Session Block - \$800**

*Team prices – Programs Specifically Tailored for Teams Individual Needs*

- **10 Athletes (minimum required) - \$15/Athlete**
- **Larger Group Prices and Long Term Contracts Can be Negotiated Upon Request**

*Lineman University Training – Skill Development for Offensive/Defensive Lineman/Tight Ends/Fullbacks*

- **Private Sessions – 10 Session Block - \$650**
- **Group Sessions (3 athlete minimum) – 10 Session Block - \$250**
- **Team Skill Development – 10 Athletes - \$15/Athlete, 20+ Athletes - \$10/Athlete**

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[www.varsityhousenj.com](http://www.varsityhousenj.com)