

HIGH SCHOOL FOOTBALL EVENTS

FREE HIGH SCHOOL SKILLS CLINIC

Our annual FREE high school football clinics will teach athletes the fundamentals, skills, and techniques of the game. Each athlete will select 1 offensive position and 1 defensive position to focus on for the clinic.

Clinic #1

Dates: Sunday, February 22, 2009

Location: 6315 Bren Mar Drive,
Alexandria, VA 22312

Time: 2:30pm—3:45pm

Ages: 14-18

Clinic #2

Dates: Sunday, May 17, 2009

Location: 6315 Bren Mar Drive,
Alexandria, VA 22312

Time: 2:30pm—3:45pm

Ages: 14-18

HIGH SCHOOL SKILLS FOOTBALL ACADEMY

This is a 10-week position specific focused program where high school athletes learn the fundamentals, skills, and advanced techniques of their position. Each group will have a maximum of a 15:1 athlete to coach ratio.

Cost: \$350

Session #1

Date: Sunday, March 1 - Sunday May 3

Location: 6315 Bren Mar Drive,
Alexandria, VA 22312

Ages: 14-18

Session #2

Date: Sunday, May 24– Sunday, August 2

Location: 6315 Bren Mar Drive,
Alexandria, VA 22312

Ages: 14-18

TESTIMONIALS

"Having sound technique and making the right decisions are the differences between mediocre players and great players. Working with Perfect Performance helped my DB skills and fundamentals, making my rookie year that much easier."

Antoine Bethea,

Free Safety, Indianapolis Colts.

"Perfect Performance brings a level of professionalism and knowledge of football that is unsurpassed. Our entire coaching staff came away with not only a better understanding of how to teach the fundamentals of football, position by position, but how to practice those skills in a number of drills so as to hardwire the technique into every player. If you want to improve the quality of your coaching staff and fundamentals of your team, Perfect Performance is where to start."

David Fletcher, Commissioner

Lee Franconia Football League

"Wow! Perfect Performance did an excellent job with our kids! Their energy and focus was awesome."

Mike Holmes, Commissioner

Reston Youth Association

"I killed DB's this season after working with Perfect Performance last summer. I will definitely be working with them again this off-season."

Josh Morgan,

Wide Receiver, San Francisco 49ers



Perfect Performance is the edge in athletics, empowering individuals and teams with athletic skill and pushing them past their perceived mental and physical limits.



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Visit us at: <http://www.perfect-performance.com>

WHAT WE DO

Perfect Performance desires to foster a learning environment that will provide athletes the necessary skills to be successful within their sport, as well as encourage them to reach their full potential through discipline and sportsmanship. Through this mission, Perfect Performance, LLC aspires to be the premier sport specific training company in the Washington Metropolitan Area.

WHY WE DO

Perfect Performance, LLC was created to give athletes the winning edge; to give them the nuances of the game they play and love. Athletes often possess enormous natural athletic ability, but unsound fundamentals, techniques and skills. They use that raw athletic ability to excel, but raw athletic ability has a ceiling. Perfect Performance will give you the tools to break through that ceiling and take you to the next level.

ABOUT OUR COACHES

Perfect Performance coaching staff has invaluable playing and coaching experience. Their experience consist of the following:

- ⇒ Professional Playing Experience
- ⇒ Professional Coaching Experience
- ⇒ Collegiate Playing Experience
- ⇒ Collegiate Coaching Experience
- ⇒ High School Coaching Experience
- ⇒ Youth League Coaching Experience

OUR SERVICES

INDIVIDUAL/SMALL GROUP TRAINING

Each athlete will go through our position specific (QB, RB, WR, TE, OL, DL, LB, DB) "Perfect Performance Life Cycle". The life cycle consists of the following stages:

- ⇒ Evaluation
- ⇒ Goal Setting
- ⇒ Individualized Training
- ⇒ Post Training Consultation

GROUP TRAINING

Group training is a great way for athletes to compete and foster camaraderie. Having no more than a 15:1 athlete to coach ratio, Perfect Performance group sessions are geared for youth league and high school athletes. High school athletes will be separated by position, while youth league athletes will be exposed to all positions. Group sessions are 1 hour and 15 minutes where 15 minutes is used for warm-up and 1 hour for drill and instruction.

TEAM TRAINING

Perfect Performance can train your entire team at your team facility. We will bring our staff to your practice facility and help you improve on fundamentals, skills, and techniques of your sport.

COACHES CLINICS

Coaches at all levels, especially the youth league level, look to increase their knowledge through coaching clinics. Clinics cover an array of topics that include practice structure, position specific technique enhancement, and scheme implementation. Perfect Performance can help your staff improve in all of these areas and many more.

CONSULTING

In addition to coaching clinics, we offer consulting services, which are an ongoing extension of coaching clinics. Our staff will come on site to your practice to help you implement the information learned in the coaching clinic.

YOUTH LEAGUE FOOTBALL EVENTS

FREE YOUTH LEAGUE SKILLS CLINIC

Our annual FREE youth league football clinics will teach athletes the fundamentals of the game. It is a great day for the tenured youth league player, as well as the novice who wants to learn the game correctly.

Clinic #1

Date: Sunday, Feb. 8, 2009
Location: 6315 Bren Mar Drive,
Alexandria, VA 22312
Time: 2:30pm—3:45pm
Ages: 7-13

Clinic #2

Date: Sunday, May 3, 2009
Location: 6315 Bren Mar Drive,
Alexandria, VA 22312
Time: 2:30pm—3:45pm
Ages: 7-13

PP YOUTH LEAGUE FOOTBALL ACADEMY

This is a 10-week program where youth league players will be taught the fundamentals of the game. There will be 5 offensive focused sessions and 5 defensive focused sessions. Each class will have a maximum of a 15:1 athlete to coach ratio.

Cost: \$350

Session #1

Date: Sunday, February 22 – Sunday, April 26
Location: 6315 Bren Mar Drive,
Alexandria, VA 22312
Ages: 7-13

Session #2

Date: Sunday, May 17– Sunday, August 2
Location: TBD (Northern VA)
Ages: 7-13