



**Every Sport...
Every Athlete...
Every Level...**

**Creating the World's
Most Dangerous Athletes**

Football
Soccer
Baseball
Softball
Basketball
Volleyball
Golf
Tennis
Field Hockey
Ice Hockey
Figure Skating
Speed Skating
Ice Dancing
Wrestling
Swimming
Diving
Cheerleading / Dance
Fencing
Lacrosse
Martial Arts
Mountain Climbing
Track & Field
(Indoor & Outdoor)
Cross Country...
and more!!

MASTER TRAINER:
Jeff Green MS, CSCS, CES, PES, USAW, USATF
Exercise Physiologist
Certified Strength and Conditioning Specialist
USA Weightlifting Coach
USA Track & Field Level 1 Coach
Clinical Exercise Specialist
Performance Enhancement Specialist
National Strength & Conditioning Association
Alabama State Chairman
American College of Sports Medicine Member
State & National Champion Powerlifter
Former Collegiate Wrestler (Clemson)

At the Icon Performance Center, our goal is to help the athlete's speed, power, explosive strength and flexibility. By using multi-joint explosive training exercise we are able to produce total body movements. These exercises are similar to the movements involved in sports and will aid the athlete in becoming a force to be reckoned with!!

- LEAVE YOUR MARK!



**ICON Speed Development
Camps & Clinics**

The Icon Performance Center possesses the most experienced training staff ever assembled in the state of Alabama. Our Center offers under one roof, the best strength, conditioning and speed professionals from every level of sport, with extensive experience in high school, collegiate, and professional athletics.

What can Icon Performance Speed Development Camps & Clinics do for me?

ICON Performance has the most unique collection of speed development experts in this part of the country. Our camps and clinics will break down and explain to you just how one gets FASTER! Speed is NOT just for the genetically gifted few. Everyone can get faster! Here's just a sample of what you will learn in your time spent with us:

Strength-Speed

Speed-Strength (yes, there is a huge difference in the two)

First Step Quickness

Acceleration

Max Velocity

Speed Endurance (production & toleration)

Special Endurance

Overspeed vs. Resistive Training

Endurance Reserve vs. Speed Reserve

Explosive Strength

Relative vs. Absolute Strength for Speed

Elastic Strength

Plyometrics & Shock Training

Neurodynamics

Alactic vs. Lactic / Anaerobic vs. Aerobic / Capacity vs.

Power as it pertains to speed

Speed Mechanics

RSA (repeat sprint ability)

Metabolic Conditioning

Tempo & Submax Aerobics

...AND SO MUCH MORE!!!

Don't waste another minute! Sign up for the next camp/ clinic today!! Call to find out about times & dates.

205.970.2348 (BFIT)



The need to prepare the body for athletic prowess is at an all-time high. As athletes reach the upper echelons of a sport, most every coach places a premium on off-season/ pre-season preparation focusing on speed, strength, and explosiveness - especially in football. **ICON Performance Speed Development Camps** help young athletes gain an edge by introducing necessary and proper exercise techniques, as well as new revolutionary techniques, through a multi-faceted training plan focused on the improvement of:

- Lateral/ Linear speed for separation on pass routes and closing speed while in coverage and defensive pursuit.
- Agility to enhance cutting ability when carrying the ball and adjusting to make game saving tackles.
- Proprioception/ body awareness so quick decisions are complemented with quick execution.
- Explosive-strength to demonstrate powerful throwing, tackling, and blocking ability.
- Strength-endurance to be as strong and explosive in the fourth quarter as you were in the first quarter.
- Overall work capacity to keep the body recovering day-to-day, help prevent chronic injuries, and to start the season in top condition; as opposed to waiting 2-3 weeks into the season to be at your best.

ICON Performance Speed Development Camp distinguishes itself by helping young athletes develop these necessary athletic skills over a given period of time in a progressive fashion, which is imperative to building the physical foundation for accelerated athletic development during later years. Each athlete will be given the opportunity to work with a very experienced and highly knowledgeable coaching staff headed by ICON Performance's Strength and Conditioning Program Director, Jeff Green.

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The participants of each **ICON Performance Speed Development Camp** are asked to commit for a given number of training weeks. Each training day will feature:

- A comprehensive testing and evaluation process to target the athlete's weak points, whether it be first step quickness, acceleration, max velocity, speed endurance, running mechanics, or etc. We use specific drills and video breakdowns to find any 'chinks in the armor' that can help out athletes become blistering fast.
- Progressively designed sessions so that each athlete is building upon every workout with the direction and purpose to develop, improve, and retain each and every skill.
- Equipment and drills that is essential in the development of athletic skills that aid in the maturation of youth and pre-adolescent trainees. These drills develop the ability to re-direct the body in an uncontrolled environment simulating a game situation.
- A small group setting formatted with a low trainer to athlete ratio (10 athletes to one coach) where each athlete is assured the necessary attention to execute and progress through the program properly.

ICON Performance Speed Development Camps do take commitment, effort, and dedication which is equally reflected by the coaching staff in order to give each athlete the necessary time, attention, and energy to do their absolute best!

Every time you stay out late...

Every time you sleep in...

Every time you miss a meal...

Every time you miss a workout...

It makes it that much easier to BEAT you...

ARE YOU DOING EVERYTHING YOU NEED TO DO TO PREPARE?

