

Brian Sekula Fitness Center
10500 West Bellfort, Suite 200
(P): 281-933-8822
(F): 281-933-0497
Email: bsekula@briansekula.com

Football Prep Camps Spring / Summer 2007

Power...Quickness...Speed...Agility

4 things that set football players apart!

The ***sole*** focus of our camps!

COST

College Prep: \$215 (plus tax)

High School Prep: \$215 (plus tax)

SPECIAL INTRODUCTORY PRICE: \$199

10% sibling discount!

SPACE IS LIMITED! SIGN-UP TODAY!

Additional add-ons / upgrades are available.
Call, come by or visit our website for more details.

ALL SESSIONS HELD @

BRIAN SEKULA FITNESS CENTER

Registration Deadline: 03/14/07

TRAIN WITH A PROFESSIONAL!

ABOUT Dr. SEKULA

- NASA Research Scientist
- Professor at the University of Houston
- Collegiate Football Player
- 20+ years in personal training

SIGN-UP TODAY!

Space is limited, act NOW!

- **Deadline:** Deadline to sign-up is March 14, 2007 unless classes are full!
- **In Person:** Come by the Fitness Center and we'll take care of the rest.
- **By Fax:** Go to www.briansekula.com, click "Sports Camps", download the "Enrollment Form", fill it out and fax it to: 713-503-0497.

COLLEGE PREP

For the college football player (or soon to be), with no High School eligibility remaining.

This camp focuses on skill refinement, speed, strength and quickness improvement.

Dates / Times

3 days per week: MW Sat.

MW: 3:15 pm—4:30 pm

Sat: 8:00 am—9:15 am

1st day: Saturday, March 17, 8am.

Last Day: Wednesday, April 28th.

HIGH SCHOOL PREP

For the Sophomore, Junior or Senior to be.

This camp focuses on skill development and getting stronger, faster and quicker.

Dates / Times

3 days per week: MW Sat.

MW: 4:30 pm—5:30 pm

Sat: 9:30 am—10:30 am

1st day: Saturday, March 17, 10:30 am.

Last Day: Wednesday, April 14th.