

# MAY 2009

Attention **ALL HUNTLEY YOUTH FOOTBALL PLAYERS** want to ... run faster with more punishing power...be able to jump higher than those receivers so you can make those picture perfect interceptions....or make bone crushing tackles and snot blowing blocks?!

## Football Season at Going Vertical Starts Today!

### **HUNTLEY MUSTANG SPECIAL FOOTBALL COMBINE TRAINING PACKAGES!!!**

24 (1) hour workout sessions for \$325

18 (1) hour workout sessions for \$250

Focus on speed & agility training,  
core strength development, flexibility, power and conditioning!

### **HYF Combine**

**Both packages include a Pre-Test and a Post – Test ...**

Push-Up Test

Sit-Up Test

Vertical Jump

Pro-Agility (shuttle) Run

Medicine Ball Throw

Standing Broad Jump

10 Yard Dash

All combine scores will be made available to your respective football coaches.

No Pre-Set Class Times! Schedule your son's workouts around your own busy schedule!  
Every workout is supervised by a Going Vertical trainer.

Give your athlete the tools they need for a successful, injury free and fun football season!  
Call Rocky Scalise at GV 847-669-3377 to get started right away!

**DON'T WAIT UNTIL THE LAST MINUTE! GET STARTED TODAY!!**