

# SPORTS PERFORMANCE CAMP BROCHURE

## THE SPORTS PERFORMANCE CENTER'S

Speed, Agility, Quickness  
&  
Strength Camp

12 Sessions     \$350  
24 Sessions     \$500

### Sessions Available

Morning        9:00-11:30  
Afternoon      1:00-3:00  
Afternoon      4:00-6:00  
Afternoon      6:00-8:00

The Sports Performance Center's Speed, Agility, Quickness and Strength camp is offered to any athlete with the desire to improve their linear, lateral, and vertical movements along with their overall body strength. One of the most obvious assets for all athletes in a specialized sport is the ability to run or move fast. Running is a learned skill just like throwing, catching, kicking, hitting, or shooting a ball. If you want to get more out of your game, no matter what the game is, our program is for you!

This program is designed to develop athletic excellence in professional, collegiate, high school, or junior high school athletes.

Recently, Coach Duke, along with Deion Sanders, has been training college prospects for the upcoming NFL draft. During their training, the NFL Network had an hour long special high lighting Coach Duke and Deion training their athletes for the combine.

You may visit YouTube at "Deion Sanders and Under Armour Train NFL Prospects at Prime U" for highlights.

- Coach Duke Rouse works in the development of strength in the athlete for sport specific skills, as well as speed and conditioning for on-field performance. Duke's training tips can help you reach your full potential. He has trained some of the biggest names in pro sports. Whether your goal is to increase your speed, lose weight, add muscle mass or just get a quicker first step, you would benefit from this program.

Here are just a few of the athletes Coach Duke has trained:

**Deion Sanders (future Hall of Famer)**

**Darren Sharper (Saints Superbowl Champ)**

Pacman Jones, Cowboys	Mike Crabtree, 49ers
Antonio Cromartie, Chargers	Ted Ginn, Jr., Dolphins
T. J. Houshmandzadeh, Bengals	Lydell Sargeant, Bills
Noel Devine, W. Virginia	Captain Munneryn, Panthers
Devin Hester, Bears	Emanuel Cook, Jets
D. J. Augustin, Charlotte Bobcats	Darius Butler, Patriots
Greg Monroe, Georgetown	Craig Steltz, Bears

### Registration Form

Name: \_\_\_\_\_

Gender: Male \_\_\_\_\_ Female \_\_\_\_\_ Age \_\_\_\_\_

Phone Number: (\_\_\_\_\_) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sport(s): \_\_\_\_\_

American Express/Visa/MasterCard accepted or checks payable to:

**Sports Performance Center**

3921 Williams Blvd Kenner LA 70065