

# The Sports Performance Center's Speed, Agility, Quickness & Strength Camp

\$185 Week /  \$550 Summer Program

\$1,000 Small Group Training

\$1,500 One on One Training

**CAMP STARTS JUNE 3, 2019**

*Monday, Tuesday, Thursday*

*9:00-10:30 a.m., 10:30-12:00 noon,*

*3:00-4:30 p.m., 5:00-6:30 p.m.*

*Friday - 9:00-10:30 a.m.*

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 highlighting 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.

**Pre-Testing / Mid Testing / Post Testing  
40 Yard Dash / Vertical Jump / Broad Jump  
Registration Form**

Name	_____
Gender	Male _____ Female _____ Age _____
Phone Number	_____
Email	_____
Address	_____
City	_____ State _____ Zip _____
Sport(s)	_____

*Cash or Checks payable to:*

**The Duke Academy or TDA**

**3921 Williams Blvd Kenner LA 70065**

# SPORTS PERFORMANCE

If you are looking for the highest level of sports performance training in New Orleans, LA or sports specific training you have found the place where the "Pros" choose to train. Our sports trainers work with children ages 9 years and up, high school athletes and professional athletes (see our Client List). We have many custom workout options for them to train privately or in small groups or classes.

Our sports training philosophy is simple: Provide our athletes with the most effective, up-to-date education, training techniques, technology and coaching in a motivating, engaging training environment fostering unmatched results. Our elite coaching staff of personal trainers serve as mentors and ambassadors for athletic performance. We are dedicated to changing the lives of young athletes and be positive role-models.

*Our philosophy expands into the array of services we provide our athletes:*

**Strength**

**Speed, Agility, & Quickness Training**

**Power & Plyometrics**

**Core Training**

**Joint Integrity**

**Hand-Eye Coordination and Reaction Drills**

**Metabolic Conditioning & Metabolic Testing**

**Flexibility**

**Recovery & Regeneration**

**Sports Nutrition**

**Athlete Life Skills (Leadership, Accountability, Goal Setting)**

Whether you are a professional athlete or a youngster getting started, our programs will provide you with the tools and skills in a world-class facility that will allow you to take your game to the next level. Our coaching experience and client list speak volumes about the level of teaching, motivation, and results we provide our athletes.

*Whether your dreams include:*

**Making your team**

**Starting for your team**

**Earning all-conference**

**Earning a college scholarship**

**Playing professional sports**

**Earning MVP in your pro league**

# TDA

THE DUKE ACADEMY

## Speed, Agility, Quickness and Strength Camp

### Sports Performance Program

#### Youth Program

#### Speed Camp Training Sessions Year Round

*"Ranked in the Top  
25 Most Influential  
Sports Figures in the  
State of Louisiana"*



3921 Williams Blvd. • Kenner, Louisiana 70065

**Cell (504) 338-6388**

Fax (504) 443-5151

**[www.thedukeacademy.com](http://www.thedukeacademy.com)**

**[email: duk Rousse@aol.com](mailto:duk Rousse@aol.com)**

# Meet the Trainer . . . .

## Coach Duke Rouse

For the past eleven years, Coach Duke Rouse has worked with athletes in the development of their strength for sports specific skills, as well as training for speed and conditioning for on-field performance. Coach Duke's training program is designed to develop athletic excellence in professional, collegiate, high school and junior high school athletes.

In 2010, Coach Duke was named as one of the top 25 most influential sports figures in the region by The Times-Picayune's South Louisiana Sports Power Rankings. In addition to his local success, Coach Duke travels across the country with Under Armour as one of their elite trainers for high school combines. Coach Duke has been training college prospects for the NFL draft over the span of his training career. In 2010, his joint combine training venture with Deion Sanders was featured on the NFL Network as an hour long special.

When Coach Duke is not training the country's elite athletes, he spends time with underprivileged children within the community. Coach Duke worked with Darren Sharper and Roman Harper in 2010 during their Sharper-Harper Camp for Kids, and continues to give back to the New Orleans community.

## BOOT CAMP PROGRAM

- Commitment
- Discipline
- Effort
- Teamwork
- Camaraderie
- Sweat
- Motivation
- Dedication
- P.R.I.D.E.

**(Personal Responsibility In Daily Efforts)**



## Here are just a few athletes Coach Duke has trained



Deion Sanders - Hall of Famer 2011

Keenan Lewis - Saints

Jarius Byrd - Saints

Marcus Ball - Saints

Cam Jordan - Saints

Mike Wallace - Vikings

Dez Bryant - Cowboys

Curtis Lofton - Raiders

Joe Mcknight - Chiefs

Alfred Blue - Texans

Pacman Jones - Bengals

Devin Hester - Falcons

D.J. Augustin - Thunder

Antonio Cromartie - Jets

Captain Munnerlyn - Panthers

Kendrick Lewis - Texans

Darius Butler - Colts

Craig Steltz - Bears

Roman Harper - Panthers

Alfred Peyton - Magic

Johnny Giavotella - Angels

Stone Spear - Marlins

Weights • Cardio • Sports Training • Resistance Training

Bootcamps • Lose Weight • Add Muscle Mass

Increase Energy • Body Sculpting • Enhance Health

Improve Speed & Agility • Increase Flexibility

**"Getcha Mind Right!"**



## YOUTH TRAINING PROGRAM

### Youth (Ages 8-11)

During this important time in a child's life, youth athletes are in their "skill-hungry" years. The body is primed for new information and ready to ingrain new movement patterns. The Youth program is conducted in 60 minute sessions and designed to introduce and create foundations of overall athleticism in a fun, positive, and high-success environment.

Our Youth curriculum places a high priority on running technique, athletic coordination, balance and relative strength and the introduction of essential muscular movement patterns. These are vital in establishing a child's athletic foundation for improved performance, injury prevention, and long-term enjoyment of sports participation.

## HIGH SCHOOL/TEAM TRAINING

Our Team Training programs are designed to deliver a challenging workout that is organized, educational, progressive, and customized for entire sport teams. Training sessions are typically conducted at the team's training facility and focus primarily on linear speed and multi-directional skill development. Team Training programs are built to be sport relevant with medicine ball strengthening, bodyweight resisted power development, energy system development, and speed ratios that apply directly to specific sports demands.

## PRO / ELITE TRAINING

The Duke Academy Sports Performance programs for professional and elite athletes are designed to provide peak physical stimulus that pushes the absolute limitations of elite athletic performance. Due to the customized and maximal intensity nature, recovery and regeneration methods are implemented. Our programs place the highest emphasis on applied and measurable performance, secondarily fine-tuning movement. Timelines to reach goals and exceed expectations are accelerated for this athletic population due to the elite competitive schedules and real-time demands.



Johnny Giavotella - Angels

Adam "Pacman" Jones

Coach Duke

Dez Bryant

[www.thedukeacademy.com](http://www.thedukeacademy.com)

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