



**ATHLETIC TRAINING EXCLUSIVELY OFFERED TO ALL PATRIOT LEAGUE ATHLETES AT THE OC LAB
LOCATED AT THE REDLINE ATHLETIC TRAINING FACILITY!!!!!!**

OFFER RUNS JANUARY 1, 2011 THRU AUGUST 1, 2011

The OC LAB at Redline training facility wants to help your PATRIOT LEAGUE program and help you become a better athlete. By signing up for your athletic training you will be helping your PATRIOT LEAGUE program with funding for such things as field, uniform and lighting costs, etc. as a percent of your training COST will be donated back to the PATRIOT LEAGUE. The training is designed for young athletes to help develop skills of balance, foot speed, lateral and linear speed mechanics, and general endurance conditioning. These skills will be incorporated with flexibility, power, explosion and core strength. It is essential to develop basic athletic body movement/coordination skills in a player's younger years. These basic fundamentals learned will help promote proper athletic performance and get an early edge on building a strong athletic base to help increase better performance on the field of play and excel at the next level as you grow. With the extra athletic awareness, knowledge and skills developed by the athlete, positive production and increased CONFIDENCE will result! LAB training is designed to be structured, educational and demanding in a positive, fun and motivating environment.

For more information on the OC LAB visit www.theoclab.com OR CONTACT JOHN BRADLEY DIRECTLY @ (949) 291-0316/ John Bradley
learnedathleticbehavior@yahoo.com

Lab Training includes the following:

- speed
- agility
- core
- power
- quick feet
- running mechanics
- etc.

Last couple of years of football scholarships:

- Boston College
- Hawaii
- Harvard
- UPENN
- New Mexico
- Cal Poly
- Montana
- UC Davis
- Humboldt State University
- Stony Brook University
- Chapman University

To help yourself and your program follow instructions below:

- 1) CALL (949) 291-0316 or email (learnedathleticbehavior@yahoo.com) FOR APPOINTMENT OR BRING IN FLYER TO SET UP YOUR FREE TRAINING.
- 2) Print out AND BRING IN THIS FLYER into the LAB/REDLINE training facility.

LAB/REDLINE TRAINING FACILITY 32405 CALLE PERFECTO SAN JUAN CAPISTRANO, CA 92675

****MUST BRING IN COPY OF THIS FLYER TO RECEIVE INITIAL FREE EVALUATION/TRAINING SESSION AND PERCENT BACK TO YOUR PATRIOT LEAGUE PROGRAM.***

- 3) SIGN UP AND CONTINUE THE TRAINING THAT BEST FITS YOUR NEEDS.
- 4) ONCE REGISTERED A PORTION OF YOURS AND OF ALL PATRIOT LEAGUE ATHLETES TRAINING FEES WILL BE DONATED DIRECTLY BACK TO YOUR POP WARNER PROGRAM.

YOU MUST BRING IN THIS FLYER TO RECEIVE THIS SPECIAL OFFER & SPECIAL PRICING

THIS IS A GREAT WAY TO HELP YOU EXCELL IN YOUR ATHLETIC ABILITIES AS WELL AS TO BE ABLE TO GIVE BACK TO YOUR PROGRAM!!!!

PATRIOT LEAGUE ATHLETE NAME _____

DATE _____