

# **Power House Lineman Football Training and Conditioning**

Coach Don Richard

This year Power House Athletics is starting something new. Coach Don Richard (Elijah's Dad & Former NFL Football Player- Green Bay Packers & Cincinnati Bengals) has volunteered to coach all linemen that are interested in playing football at any High School, Middle School or College in the state. It is a 30 minute exercise program that will train you to become a much better lineman than you ever thought possible. He can show you the techniques; all you have to do is use them, and you will be great. You will be the one the coach has his eye on. So come sign up now. It's worth it! You will be practicing on an Outdoor, Turf Covered and Netted Field.

Call Donnie McIntosh for More Information

830-885-6450 or 210-834-1734

Pricing- 8 lessons, each a ½ hour Every Week for only \$180

Ages 10-12: Tuesday & Thursday @ 5:30 pm

Ages 13 & up: Tuesday & Thursday @ 6:00 pm

(Get there early for stretching)

What you will need- Cleats, Towel to Wipe Your Face Off, and a Water Bottle (No Gatorade)

Location

17130 Hwy 46 West, Spring Branch, Texas 78070

**Join the House, Feel the Power!**

**Powerhouse celebrates sports as a way to develop discipline, fitness, community and fun. Powerhouse intends to help each child develop their skills and apply them to their sport while having fun and improving self-esteem.**