

FOOTBALL summit

June 25th, 2011

9am@Highland Ignite

3150 45th St. • Highland, IN (inside Gator's Building)



LEARN FROM NFL EXPERIENCE

- The long-term approach to building champion athletes
- Developing a 4-year plan that will see your Freshman and JV teams highly competitive and your Varsity program contending for State Championships
- Critical aspects of parenting a young athlete destined for greatness on and off the field
- Tackling 101 - mixing strength, conditioning, and field drills to create healthier and more effective tacklers
- Learn how kids can stay safe while training and playing hard

You'll leave with drills you can use the very next day and a FREE warm up video

SPEAKERS



JARED TOMICH IGNITE

Jared enjoyed a seven year NFL career with the New Orleans Saints, Green Bay Packers and Kansas City Chiefs before founding Fuel Fitness and Ignite Sports Performance. He is a 2-time Collegiate All-American, Vince Lombardi Award finalist and a 2-time National Champion while starting for the Nebraska Cornhuskers.



CHRIS GIZZI

Chris Gizzi is a graduate of the United States Air Force Academy. After coaching at the highest level of college football, and playing as a linebacker for the Green Bay Packers, he transitioned into the field of human performance through his company ZoneReady. Chris provides training programs, coaches, and acts as a subject matter expert for Nike, ESPN, SPARQ, Champion, the National Academy of Sports Medicine, Muscle and Fitness, Glazier Clinics, Health and Fitness Providers Network, and Eastbay. He holds certifications from USA weightlifting and NASM.



BRIAN GRASSO IYCA

Brian Grasso is the Founder and CEO of the International Youth Conditioning Association (IYCA). A well-known, respected and outspoken leader in the youth athletic development industry, Brian has written feature articles for sport training magazines throughout North America including, Men's Fitness, Men's Health, SportingKid, American Track & Field and Personal Fitness Professional.



MARK LOVAT

Mark Lovat is now in his 12th year with the Packers and is taking over the club's strength and conditioning program. A member of the National Strength and Conditioning Association (NSCA), Lovat is a certified strength and conditioning specialist (CSCS) and was nominated in 2004 by the association for the 'Sports Medicine/Rehabilitation Specialist of the Year Award' for his work in the successful rehabilitation of injuries to Packers tackles Chad Clifton and Mark Tauscher. He has earned certifications from NASM as a performance enhancement specialist (PES) and as a corrective exercise specialist (CES). Additionally, he holds a Level 1 certification through USA Weightlifting.



pre-register at zoneready.net

For more information or questions about the event please contact:

Fuel Fitness (Theresa): 219-374-5100

Ignite Sports Performance: 219-595-0088

www.ignitenwi.com • www.fuelnwi.com • www.functionalfootball.com

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