

2009 Summer Speed, Agility, Quickness & Strength Training Program.

Session One- Begins June 2nd @ 8a.m.
Every Tuesday & Thursday thru week of July 20th

Session Two- Begins June 2nd @ 10a.m.
Every Tuesday & Thursday thru the week of July 20th.

**Where?: Oak Grove High School/
Warrior Field**

This program has been designed by Sam Morris to improve the following: Speed, Agility, Quickness and overall Functional Strength. Male & Female athletes will benefit from 16 two hour training sessions. Athletes will learn safe lifting techniques under the supervision of qualified coaches and other highly trained staff members. Sport specific movement drills for speed, agility, and quickness will be performed in every session.

Costs: \$200.00 for all 16 sessions! (32 hours of training.)

What to bring? Workout shoes & Cleats.

Testing Dates & Sign Up: May 27 9a.m. till noon @ Oak Groves Warrior Field & May 28 5p.m. till 7p.m. @ Warrior Field.

For more Information contact Sam Morris @ 601-270-5423 or samatccscs@comcast.net

Instructors

Sam Morris ATC/CSCS

Graduated from USM in 1990 with a B.S. in Coaching & Sports Administration with an emphasis in Athletic Training. He has 20 years of experience in sports medicine/fitness field and performance training. Amateur and professional athletes utilize his experience to help them improve their performance on the field. Many coaches in this area consult with him to help increase their teams speed & strength. Through summer camps or one on one training, athletes from all over south Mississippi go on to reach their highest levels of athletic performance while training with him. He is a Nationally Certified Athletic Trainer, a Licensed Athletic Trainer in the state of Mississippi and a Nationally Certified Strength and Conditioning Specialist.

Sam Thomas is a 2003 graduate of Oak Grove High School. He was a letterman in baseball, soccer and football during his years at Oak Grove. After high school Sam played football at Pearl River Community College. He was a member of 2003 and 2004 state championship teams and was a wide receiver for the 2004 team that won a national championship. He was awarded the Most Improved Offensive Player at the conclusion of the 2004 season. Sam graduated from University of Southern Mississippi with bachelor's degree in Sports Administration. Sam currently works as a physical education teacher and assists the 9th grade and varsity football team at Oak Grove High School.

Chris Fortenberry is a graduate of JCJC and USM with a degree in Health Education and Coaching. He has 7 years of coaching experience that include Sumrall, North Forrest, and Oak Grove Middle and Oak Grove High School. Chris has 2 years experience as a defensive coordinator. He is the head coach for the 9th grade football team and varsity defensive assistant at Oak Grove High School.