

**“TRAIN with THE BEST  
- to be YOUR BEST”**

**Ron Brissette:**

**Owner/Director of Brissette Sports Performance, LLC  
Certified Sports Performance Coach: USAW**

Over 18 years experience working with beginner - elite level athletes. Educational background in Physical Therapy specializing in Sports Performance, Long Term Athletic Development, Injury Prevention and Biomechanics. Coach Ron excels at reducing injuries, optimizing athletic performance and focusing on the long term athletic development process.

**Henry Fumerelle:**

Over 25 years of high school football coaching experience, currently head coach at North Tonawanda. Holds a permanent NY state coaching license, received Certification through USA Football Heads Up program (no concussions the last years while the head coach at North Tonawanda) and Certified 1st Aid CPR & Defibrillation. NO concussions the last two years while head football coach at North Tonawanda. Camp director for Jim McNally Football Camp. Named Buffalo News Turn-Around Team, named Buffalo Bills Varsity Football Coach of the Week and while coaching at Williamsville East broke the record for most players (5) sent to play college football. Played his college football career at UB and had the opportunity to participate in a College Football Internship program at UB as well.

**Hank Fumerelle:**

Over 12 years of football and coaching experience working with youth - college aged athletes with 3 of those years coaching in Williamsville & Sweet Home Youth Football Leagues. Certified Personal Trainer, received Certification through USA Football Heads Up program and is a Certified Sports Nutritionist focusing on athletes individualized meals plans.

Brissette Sports Performance  
P.O. Box 52  
East Amherst, NY 14051

**TRAIN to PLAY  
YOUTH FOOTBALL  
Summer 2017**

**“Optimize Your Athleticism”**

**1st Youth Football Program  
of its Kind in WNY**



**Brissette Sports Performance**

**716-598-3833**

**coachbrissette@gmail.com**

# TRAIN to PLAY YOUTH FOOTBALL Summer 2017

“ALWAYS Age Appropriate”

## Program Training Modules:

6 - 6:45pm

Dynamic Warm-Up

Teach universal football terminology

Teach sound positional football fundamentals:

Footwork - Stance - Blocking - Ball Control

Teach proper tackling to reduce injuries

Teach neck strengthening to reduce concussions

6:45 - 7:30pm

Dynamic Postural Alignment-Balance-Stability

Dynamic Core Strength and Stability

Functional Strength to Strength Endurance

Basic Speed ,Agility, Acceleration/ Deceleration

Body Weight Strength to External Resistance

Fundamental Skills to Sport Specific Skills

Train Movements Specific to the Sport

Cool down



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## Schedule:

June 12th - July 27, 2017

Monday & Thursday

8 - 14 yrs. of age

Session I (6:00 - 7:30pm)

June - 12, 15, 19, 22, 26, 29

July - 6, 10, 13, 17, 20, 25, 27, 31

(MAX of 25 ATHLETES)

## Location:

Brissette Sports Performance

485 Cayuga Rd. Suite #1

Cheektowaga, NY 14225

(Inside ALL in SPORTS facility)

Cost: \$295 per athlete (check)

\$310 per athlete (credit card)

**“Registration due May 26th, 2017”**

**Send Registration & Payment to:**

**BRISSETTE Sports Performance**

P.O. Box 52

East Amherst, NY 14051

**OR**

For quick registration call

Coach Ron - #598-3833

Coach Henry - #572-1871

Summer 2017

## TRAIN to PLAY FOOTBALL Summer 2017

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ School: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_ Phone#: \_\_\_\_\_

Monday & Thursday 6:00 - 7:30pm

**Payment: Check (payable to Brissette Sports Performance)**

**Credit Card Type:** \_\_\_\_\_ **Credit Card #:** \_\_\_\_\_ **Exp. Date:** \_\_\_\_\_ **CVC Code:** \_\_\_\_\_ **C.C. Member:** \_\_\_\_\_

I hereby authorize Brissette Sports Performance staff to seek medical attention for my child/ward in the event of a medical problem while attending this training program. By signing below, I also waive and hold harmless, Brissette Sports Performance Staff, and its signatories from any liability in the event my child/ward was to become injured while attending this training program and I state the above applicant is in sound physical condition to participate. I consent to the use of photographs, video, voice recordings, in whole or in part, of the above athlete for purposes of advertising, publications or web site.

Signature of Parent/ Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Mail Registration Form & Payment to: Brissette Sports Performance, P.O. Box 52, East Amherst, NY 14051**

Enrollment is limited (25 max) - Each program will be filled on a first-come, first serve basis - ALL returned checks will incur an additional \$25 fee