

Sunday Conditioning with NFL RB Jordan Todman and Friends



You have a unique opportunity to work out with Jordan Todman and several NFL athletes coming through randomly to condition your athletes for 6 - 7 weeks.

This is a conditioning with speed and strength training included.

There will be group drills and stations to run through to help increase strength, awareness, speed, and footwork with hands drills as well.

Learn from the pros as you get ready to try out for football this season!

Dates:

February 3rd, 10th, 17th
March 3rd, 10th, 17th, and a bonus date 31st

Where:

Shearwater Amenity Center for the first one and if we have more than 50 kids we will move to Plantation Park or a bigger field in St. Johns.

Age(s):

6yrs old – 19yrs old

Time:

3pm – 5pm

Cost:

\$20 per child
\$30 if you bring a friend (\$15 each) - \$5 discount per athlete
\$100 (if you prepay for all dates upfront)

Email for more information on how to register: jt@rising-athletes.com

I have been in the NFL over 8yrs now and ready to show the youth what it takes to get to that level!

Thanks,

Jordan Todman