

Pro Strategies Youth Football ◦ We All are given a gift at birth, the main task is deciding...

Summer Full Contact & Non Contact Camps

◦ HOW WE CHOOSE TO USE IT!!

Name _____
 Address _____
 City _____ St _____ Zip _____
 Parents Name _____
 Home Ph # _____ Cell _____
 Email _____

Register Online at
www.prostrategiesfootball.com or

Mail Down Payment \$75 to:
Stephen Braggs Youth Foundation Inc
3727 High Line Drive, Lago Vista, Tx. 78645
1 Week camps \$185.00 Football Only
9am to 12pm M-F (Sites TBA)

Or

4 week training session 3 times a week @ 3hr
sessions: \$120.00 (Football, Track Speed,
Lifting) AM Sessions 9am-12am
PM Sessions 5:45pm-8:45pm

**Summer Sessions Training
Began June 20th:**

**Defensive Backs &
Linebackers**

6pm-8:30pm Tues-Thurs

**Quarterback, Running
Backs, Wide Receivers**

6pm-8:30pm Mon- Wed

Offensive & Defensive Line

6pm-8:30pm Fridays

Camp Features:

- Video Taping
- Combine Testing Strategies
- Core Strength and Plyometrics
- Functional Movement
- Agility & Quickness Development
- Anaerobic Endurance & Balance
- Intermittent Explosiveness
- Linear Speed Training
- Metabolic Conditioning
- Dynamic Stability & Flexibility
- Proper Fundamentals taught by
Professional Players:
- Passing, Catching, Running,
Run & Pass Blocking,
Punt & Field Goal Kicking,
Full Pads Tackling,
Special Teams
- Weight Training Sessions
- Plus Drills & Game Strategies
- NFL Player Owned & Operated...

Register Now!!!!



Stephen Braggs a Former Texas Longhorn MVP, Retired NFL Browns & Miami Dolphins Defensive Back & Cory Sears Houston Texans Defensive Lineman

June Camp Dates:
Cedar Park/Lago
Vista/Westlake
June 20-24 (pm only)
June 27-July 1

July Camp Dates:
Cedar Park/Lago
Vista/Westlake
July 6-8 @ TBA
July 11-15 @ TBA
July 18-22 @ TBA

www.prostrategiesfootball.com

512-903-7538

Download forms from Website or email
Braggs36yf@aol.com

Inquire 4 week sessions