



Bernards Mountaineer Football

2014 Off-Season Training Programs

For the upcoming 2014 season, the BHS Football Booster Club has organized off-season Training and Conditioning programs to keep the boys in top shape and improve our overall speed and strength. We have made arrangements with several trusted providers. This important program is composed of the following components:

Off-Season (All Players)

- **Weight Training** - BHS High School Weight Room
Supervised program available 2x per week at 6:30am before school or 4x per week at 3:30pm after school
- **Position Training** - Test Training Facility Martinsville
Session 1 - Every Monday evening 8:00-9:00pm commencing on Feb 3 through Mar 24
Session 2 - Every Monday evening 7:00-8:00pm commencing on Mar 31 through May 19

Off Season (Optional)

- **Speed Training** - Test Training Facility Martinsville
Every Thursday evening 7:00-8:00pm commencing on Feb 3 through May 19
- **Carty QB & Wide Receiver Training** - Bound Brook HS Turf & BHS Turf
Every Sunday Morning from 12:00pm-2:00pm commencing on March 16 – *requires a commitment to attend at least 5 sessions over the course of the program*

The cost for the entire Off Season program is only \$150.00 per player – the Football Booster Club purchases the balance.

All participating players, including incoming freshman, must complete the enrollment form on the following page and submit with a \$150 check made out to the BHS Football Booster Club to Coach Simoneau no later than January 24, 2014



Sports Clubs

1931 Washington Valley Rd Martinsville, NJ 08836



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(No athlete will be permitted to participate without a completed form)

Player's Name: _____ Age: _____ Grade: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ DOB: _____

Positions: _____

Parent #1 Email: _____ Player Email: _____

Parent #2 Email: _____ Shirt Size: _____

Signature _____ Date _____

All participating players, including incoming freshman, must complete the enrollment form and submit with a check made out to the **BHS Football Booster Club** to Coach Simoneau no later than January 24, 2014

All	Program	Cost	Amount Enclosed
<input type="checkbox"/>	Session 1 - Weight Training & MNF	\$ 75.00	
<input type="checkbox"/>	Session 2 - Weight Training & MNF	\$ 75.00	
		Total:	

Optional	Program	Cost
<input type="checkbox"/>	Test Speed Training	\$20 per session
<input type="checkbox"/>	Carty QB & WR Training	N/C