



ROCKY BOIMAN
FOOTBALL ACADEMY

RBFA begins Jan.31 for all 5th - 8th grade players!!

Program Details

- **THIS PROGRAM IS DESIGNED FOR FOOTBALL PLAYERS OF ALL POSITIONS 5TH GRADE- 8TH GRADE**
- **specific drills and movement training for ALL POSITIONS**
- **focus on foot quickness, agility, plant-and-drive, closing speed, ball drills, shedding blocks**
- **WILL include weight room strength training designed by Rocky Boiman and implemented with the help of ASAP**
- **program begins Jan.31 and will run every Mon, Tues, Thurs until Feb. 24th (4 weeks)**



**Come join the football specific
training phenomenon
that is
sweeping the Tri-State!!**

We Work Hard!

We Work Smart!

We Get Results!



for more information visit or call:

rockyboimanfootballacademy.com

513-658-5058