



ELITE TRAINING



TAKE YOUR GAME TO THE NEXT LEVEL!

Featuring:

IDRIS PRICE

*NFL Super Bowl Champion
Tampa Bay Buccaneers
AFL & NFL Europe*



JAKE MYERS

*2009 Runner Up
Cornell University Lacrosse*



MAX SEIBALD

*Team USA Lacrosse
Tewaarton Award Winner
Cornell University Lacrosse*



PERSONAL & TEAM TRAINING CLINICS

ATHLETES 7th GRADE – 12th GRADE

ONE HOUR SESSIONS

TUESDAYS AT 4PM & 8PM

THURSDAYS AT 4PM & 8PM

WEDNESDAYS & FRIDAYS AT 7PM

Space is limited - reserve your spot today!

Call us at 203-604-9030 or register online at www.sonofieldhouse.com

Questions? Email Jake@sonofieldhouse.com or Idris@sonofieldhouse.com

Only \$150 for a
6 week program!



**ELITE
TRAINING**



TAKE YOUR GAME TO THE NEXT LEVEL!

TRAIN D1 MISSION:

Prepare athletes and teams for optimal performance

**Benchmark athletic performance against Division 1
athletes through a unique testing system**

**Teach complete lifestyle training including nutrition
awareness**

**COMPREHENSIVE
TESTING:**

Speed – Quickness

Endurance – Strength

Power – Flexibility

Sports Stretching

Body Composition



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