



**COACH ROZY PERFORMANCE
SUMMER TRAINING POWERED BY AVERA**

2019 Summer Performance Program Cedar Catholic/Hartington Public

Former NFL Strength Coach and trainer of Olympians, Mark “Coach Rozy” Roozen’s Sports Performance Academy, is designed to develop a broad array of athletic skills, aiding in injury prevention, sports performance, and life-long enjoyment of activity.

May 29, 2019 to August 1, 2019 - 10 Weeks/4x a Week
M-T-W-TH at 6:30 am - 8:00 am

No Sessions July 3rd & 4th, 2019



Boys and Girls Grades 6th thru 12th

TO SIGN-UP TODAY or GET MORE INFORMATION CONTACT:

Mark “Coach Rozy” Roozen - 817-219-2811 - or Ronette Karstens - 605-661-1649
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