

FOOTBALL COMBINE PREP PROGRAM



SOAR FITNESS SYSTEMS

Our football combine prep program is for any football athlete that is preparing for a high school or pro combine or a college pro day. If you are a football player going to a combine, then you need to begin preparing specifically for the tests at the combine. The biggest mistake you can make is doing your normal training program at school or on your own and thinking that will get you ready for a combine. **THE ONLY THING THAT WILL GET YOU READY FOR A COMBINE IS TRAINING WITH EXPERTS THAT KNOW HOW TO PREPARE YOU FOR THE TESTS!** A great performance at a combine can land you the scholarship or contract that you are looking for. Remember, football combines are just a series of tests and drills, there are no pads, first downs or touchdowns.

Mike Kozak and Nate Fugitt, owners of **SOAR Fitness Systems**, are the regional directors of Scout Camp Regional Football Combines. Not only that, they have spent years researching combine techniques from the top coaches in the country and combining them with their own programs. If you are getting ready for the biggest test of your football life, then **SOAR** is the place for you!

Football athletes can join our combine prep program at any time. For best results, athletes will want to train 3 – 5 times per week at least 1 month prior to the start of their combine. **Programs can be designed to work in conjunction with a school one.** Prices vary depending on the duration and frequency of training. At the conclusion of the program, athletes can begin our regular strength and conditioning programs for football. **REMEMBER, TRAINING FOR COMBINES AND TRAINING FOR FOOTBALL ARE TWO COMPLETELY DIFFERENT BEASTS.** **SOAR** has locations in Lewis Center and Marysville OH. Call 614-306-9364 or check out www.soarofcolumbus.com for more information.