



OUT-TRAIN : OUT-PLAY

NSD Football provides players with the most complete football specific training opportunities in Canada. Our Programs and Camps allow players to increase explosive power, high-end and burst speed, multi-directional quickness, overall body strength and conditioning, position specific skill, and above all enhance total athleticism.

NATIONAL SPORTS DEVELOPMENT

HPT

HIGH PERFORMANCE TRAINING

FOOTBALL

NSD | NATIONAL
SPORTS
DEVELOPMENT

CARDEL | PROUD
HOMES SUPPORTER



FOOTBALL HIGH PERFORMANCE TRAINING

NSD Football runs the most complete, comprehensive Football specific Strength & Conditioning Programs and Contact Camps available in Canada. We will prepare players in the off-season with scientifically proven periodized programs that guarantee to take your game to the next level. Our position specific focus and our foundation of enhancing athleticism for football will benefit football players of all ages. With hard work, we will make athletes bigger, stronger and faster which will improve their performance on the field.

SPEED & STRENGTH DEVELOPMENT PROGRAMS

These are "complete" programs addressing explosive power, high-end and burst speed, linear and multi-directional quickness, and overall body strength and conditioning.

Winter 14 Week	14—Adult	Jan. 7—Apr. 11	3x/wk: \$750	2x/wk: \$500
Winter 10 Week	Midget	Jan. 7—Mar. 14	3x/wk: \$550	2x/wk: \$375
Winter 6 Week	Peewee/Bantam	Feb 12—Mar 20		2x/wk: \$200
Transition Program	14—Adult	Apr. 14—May 9		2x/wk: \$150
Spring 6 Week	Peewee/Bantam	Apr. 22—May 29		2x/wk: \$200
Summer 13 Week	14—Adult	May 12—Aug. 8	4x/wk: \$850	3x/wk: \$700
Summer 8 Week	High School	Jul. 7—Aug. 29	3x/wk: \$430	2x/wk: \$300

Sessions are 90 minutes (6 week programs run for 60 minutes). The 3x/week sessions run M/W/F and the 2x/week run T/TH. The Transition Program will Run on Mondays and Wednesdays. All Speed & Strength Programs can be pro-rated.

SEGMENTED SPEED & STRENGTH PROGRAMS

These programs are individual blocks from our complete Speed & Strength programs which focus on one primary training method.

Winter S&S I—Hypertrophy	14—Adult	Jan. 7—31 or Feb. 4—29	3x/wk: \$270	2x/wk: \$180
Winter S&S II—Max Strength	14—Adult	Feb. 4—22 or Mar. 3—21	3x/wk: \$200	2x/wk: \$135
Winter S&S III—Power	14—Adult	Feb. 25—Mar. 14 or Mar. 24—Apr. 11	3x/wk: \$200	2x/wk: \$135
Summer S&S I—Hypertrophy	14—Adult	May 12—Jun. 6 or Jun. 9—Jul. 4	3x/wk: \$270	2x/wk: \$180
Summer S&S I—Max Strength	14—Adult	Jun. 9—27 or Jul. 7—25	3x/wk: \$200	2x/wk: \$135
Summer S&S I—Power	14—Adult	Jun. 30—Jul. 18 or Jul. 28—Aug. 15	3x/wk: \$200	2x/wk: \$135

Sessions are 90 minutes. The 3x/week sessions run M/W/F and the 2x/week run T/TH. It is recommended that the Speed & Strength segments are taken in succession. All Speed & Strength Programs can be pro-rated.

SPEED & COMBINE TESTING DEVELOPMENT PROGRAMS

These specialized programs are geared towards increasing overall speed and efficiency of movement related to football and to enhancing combine testing scores.

Winter 6 Week Speed Program	14—Adult	Feb. 5—Mar. 13	T/TH 8—9pm	\$250
Summer 6 Week Speed Program	14—Adult	Jul. 8—Aug. 14	T/TH 8—9pm	\$250
4 Week Combine Testing Program	14—Adult	Mar. 18—Apr. 10	T/TH 8—9pm	\$250
NSD Football Combine	All Ages	April 12	9am—12pm	\$20

FULL CONTACT PLAYMAKER CAMPS

NSD Playmaker Camps are Calgary's only full contact football camps that boast elite coaching from the CFL, CIS, top amateur coaches and Calgary Stampeder Players. These camps provide the athletes hands on skill training at their position which is integrated into game like situations.

Winter Playmaker Camp	Peewee/Bantam	Feb. 15—Feb. 17	5/90 min. sessions	\$225
Winter Playmaker Camp	Midget/High School	Mar. 7—Mar. 9	5/90 min. sessions	\$22
Spring Playmaker Camp	Peewee/Bantam	Jun. 10—Jun. 14	5/90 min. sessions	\$225
Summer Playmaker Camp	High School	Aug. 12—Aug. 16	5/90 min. sessions	\$225

PERFORMANCE DAY CAMPS

These extensive camps are geared toward improving overall athleticism and football specific strength, speed and agility while learning theories and proper techniques associated to the game of football.

Performance Day Camp	Peewee/Bantam	Jul. 7—Jul. 11	M-F 9am—4pm	\$350
Performance Day Camp	Peewee/Bantam	Jul. 14—Jul. 18	M-F 9am—4pm	\$350
Performance Day Camp	Highschool	Aug. 4—Aug. 8	M-F 10am—3pm	\$300

PERSONALIZED TRAINING (1 - 4)

1:1 Training	Peewee—Adult	60 min. sessions	\$60/per person
1:2 Training	Peewee—Adult	60 min. sessions	\$40/per person
1:3 Training	Peewee—Adult	60 min. sessions	\$35/per person
1:4 Training	Peewee—Adult	60 min. sessions	\$30/per person

TEAM DISCOUNTS

Team or group discounts available when 10 or more players sign up for a program or camp at the same time. 5% for 10, 10% for 20 and 15% for 30. Training and competing within our camps and programs as a group allows your team to not only earn a physical and mental advantage over your competition but also forms the bond necessary between teammates to succeed.

CONTACT

For more information about these and other NSD programs please contact Mark Kilam or Joey Kwasniewski in the NSD Football Department at 403.201.8788 ext. 222 or via email at mkilam@nsd365.com or jkwasniewski@nsd365.com. Please visit our website www.nsd365.com for more details.