

Testimonials, cont.

“Doing the Get FAST® program helped my change of direction tremendously. I have faster feet and my velocity increased as well. Thanks in part to this program, I led District 7 in receiving yards, catches and touchdowns.”

Isaiah Scott, Sto-Rox Football - 2007 PIAA District 7 Leading WR

“The FAST® Camp gave our team a big advantage this year...if a coach is looking to get the same advantage, you need to get in touch with these guys. Our team speed was increased tremendously.”

Jeff Bell, Grove City Football - 2007 PIAA District 10 Semifinalist

“Our first year with the FAST® football camp was a great success. There was a positive influence on our team speed and football endurance.”

Jeff Campbell, Moniteau Football - 2007 PIAA District 9 Finalist

“So much of the Get FAST® program helped me with my football career. Not only did my 40 time drop from 4.8 to 4.47, but it helped my football speed as well. I don't think that anyone else in the state or even the country would have been able to benefit me more than what Coach Boring's program did for me.”

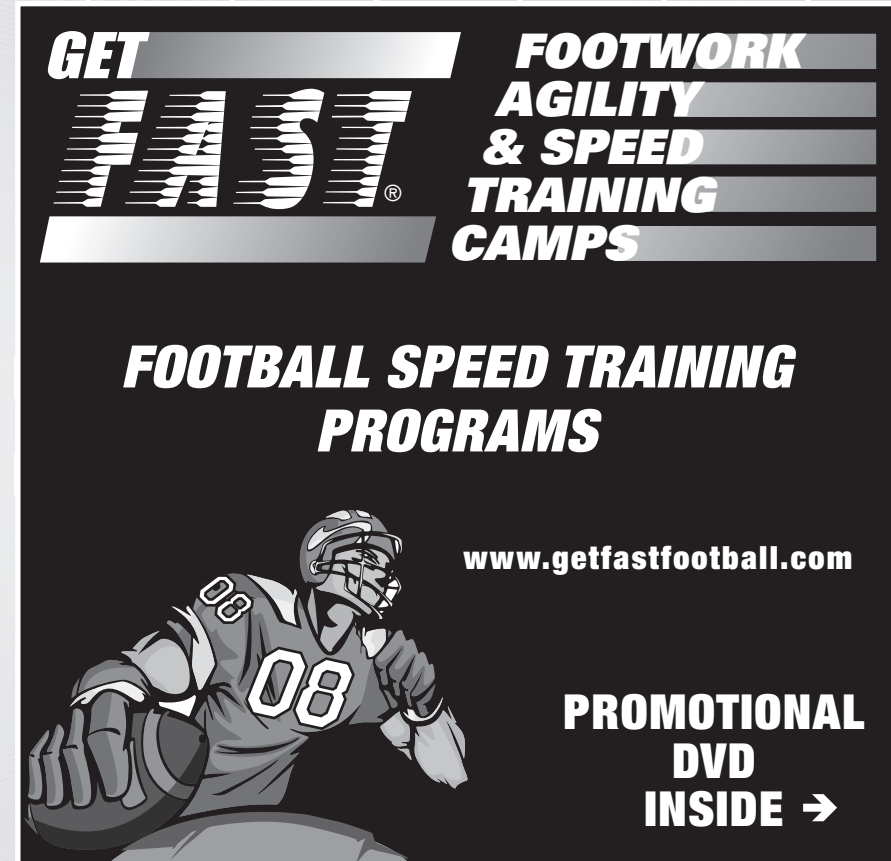
Mike Yancich, LB, 2008 Penn State Football Recruit

“High school football players that have attended Joe Butler's Metro Index Football Camp for continuous years and have been through Dale Boring's training program have shown remarkable improvement in their 40 times and athletic quickness.”

Joe Butler, Talent Evaluator - Metro Index Football Camps

GET FAST® Camps
P.O. Box 864
Mars, PA 16046

40 STAMP



GET FAST®

**FOOTWORK
AGILITY
& SPEED
TRAINING
CAMPS**

**FOOTBALL SPEED TRAINING
PROGRAMS**

www.getfastfootball.com

**PROMOTIONAL
DVD
INSIDE →**

GET FAST® Football Camps are for:

- High School Football Coaches who have a desire to provide the best football-specific speed and agility program to their players.

GET FAST® Football Camps will:

- Improve "football speed" of all positions in the game.

Football Speed Training Services:

1 Summer Team Speed Camps - A scientifically based program that provides football-specific speed, agility and footwork to teams at their high school campus. We focus on speed for all positions and support the techniques that your position coaches teach.

Program Length: Twice weekly, 75 minutes per session for 8 consecutive weeks.

Cost: 21-25 Athletes: \$89 each 26-30 Athletes: \$79 each
31-35 Athletes: \$74 each 36-39 Athletes: \$69 each
40+ Athletes: \$64 each

2 In-season Maintenance Programs - An extension of the summer speed camp, we focus on the maintenance of speed from the summer months through the entire season.

Program Length: Once weekly, 75 minutes per session for the entire season, including play-offs.

Cost: \$1,125

3 Program for Purchase- A new service created to train you, your staff and athletes how to properly implement our Get FAST® program by yourself. Upon conclusion of the training, a Get FAST® football-specific speed training packet and video will be given to you for your reference and you will have unlimited access to our Director via telephone or email.

Training Length: 2 days

Cost: \$2,100 plus travel expenses



Director: Dale Boring, M.Ed.

As the Founder and Director of Get FAST® Football Camps, Coach Boring is dedicated to providing the best high school football speed training programs in the country. He is a very passionate, well-respected professional residing in the high school football hotbed of Western PA. His credentials include the following:

- Master's level exercise physiologist.
- 14 years of training experience.
- Trained numerous All-State & All-District Players
- Speaker; Nike Coach of the Year: 2003, 2004, 2005
- Speaker; Frank Glazier Clinic: 2007

Past FAST® Camp Participants Include:

- 2007 Pennsylvania Rushing Leader
- 2007 Pennsylvania Team Rushing Leader
- 2007 PIAA District 7 top 10 Rushers: #1, #5, #6, #7
- 2007 PIAA District 7 top 10 scorers: #1, #7, #9, #10
- 2006 PIAA District 7 top 10 Rushers: #1, #5
- 2006 PIAA District 7 top 10 scorers: #2, #3, #10
- 2005 PIAA District 7 top 10 Rushers: #1, #3, #8
- 2005 PIAA District 7 top 10 Scorers: #1, #6, #7, #9
- 2005 PIAA AAA AP Player of the Year
- 2004 PIAA District 7 Rushing Leader

Contact:

724-351-3354 • www.getfastfootball.com • P.O. Box 864, Mars, PA 16046

Testimonials

"I can honestly say in my sixteen years as a Head Coach I have never been associated with a training program that has done more for our athletes and our program, than Dale Boring's FAST®. I interviewed five different groups that offered speed and conditioning programs to high school athletes. From the beginning, Dale stood out with his plan and organization, and from the day he started, the program has been amazing. It is hard to tell you in a short testimonial my entire opinion of FAST®. Feel free to contact me at your convenience as I am a believer that Dale can help your speed and conditioning program get to the next level."

Ed Dalton, Trinity Football - 2007 PIAA District 7 Quarterfinalist

"Doing the Get FAST® speed camps has increased my speed tremendously throughout my high school football career. The drills you participate in help drop your 40 time 1 to 2 tenths of a second at least, and they help a lot on your hip movements which make you a better athlete."

Bill Bair, Mars Area Football - 2007 PA State Rushing Champion

"In the summer of 2007 we brought Dale Boring to our program to train our players. It was the beginning of great things to come as we went undefeated and won a conference championship for the first time in 22 years. In addition, we had two backs rush for over 1,000 yards, rushed for over 3,000 yards in a season, and ranked #1 in the state of PA in rushing according to MaxPreps.com."

Roger Beitel, Ligonier Valley Football - 2007 PIAA District 6 Quarterfinalist

"Coach Boring recently worked with one of my athletes before The Army All-American Bowl Scouting combine in San Antonio, Texas. We were ecstatic with his performance! As a result, I highly recommend Dale to other coaches and athletes."

Bob Palko, West Allegheny Football - PIAA District 7 Champions 1997, 1999-2000, 1999 & 2000 State Runner-up, 2001 State Champions