



Football Combine

Friday, March 29th

Sign up before March 27th
for **FREE** (otherwise, \$20/door)

TESTING:

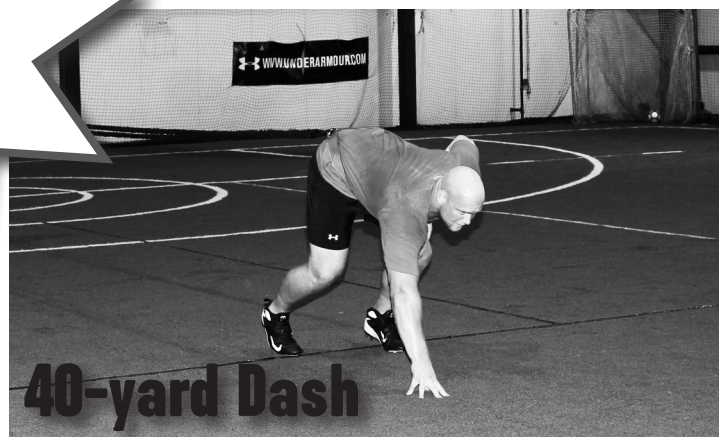
- Timed Laser 40yd. Dash
- Pro-Agility
- Vertical Jump (Vertec)
- Broad Jump
- 3 Cone Drill

**TIME SPENT ON
IMPROVING
TIMES &
TECHNIQUES!**

DEMOS for:

- Vertimax
- TRX Suspension & Core Training
- Sports Cords/ Overspeed & Resistance
- Battle Ropes/ PowerBall/ Power Sleds
- Chip o Meters & Agility Bags

Call to Register
410.734.7300
coachedge@thearenaclub.com

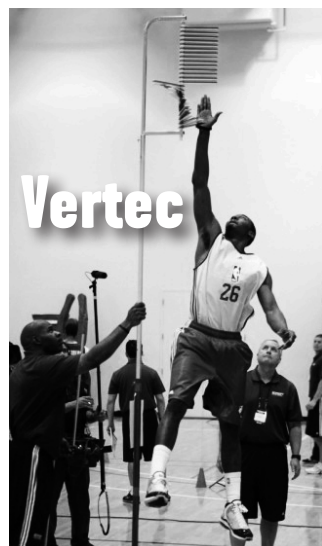


Middle School

6:00-7:30pm

High School

7:30-9:00pm



2304 Churchville Road, Bel Air, MD 21015

410.734.7300

www.thearenaclub.com