



Athletic Conditioning Center's *Total Football Conditioning Program For NCAFA Member Players*

Our "Football Conditioning Program" will get you where you want to be!

- Age specific programs for the Mosquito to the Junior aged player
- Speed, agility, and quickness training on our indoor artificial turf
- Ground based strength training for the most effective transfer to football skills
- Strength & Conditioning Coaches who will ensure you get the coaching you need

10% of all football revenue will be donated back to NCAFA in our effort to support minor football in Ottawa. 3 month programs starting at \$370.

• Programs available: 3 - 6 months in length, small group training, and individualized programs based on our performance evaluation. See our web site for pricing info.

"The ACC is where I train to keep my game at a high level"
Pat Woodcock WR, Edmonton Eskimos, former NCAFA player

"The ACC is the only facility that allows me to train football skills along with building my strength"
Scott Gordon FS, Hamilton Tiger Cats, former NCAFA player



**For more information, contact the ACC
1050 Baxter Road Unit #1 (in the Baxter Centre behind the Ottawa Citizen)
www.accottawa.com info@accottawa.com or call 225-2806**