

# Fitness

## NCAA Prep

### A preparatory academy for the rigors of college sports conditioning

As is with academics, if student athletes aspire to make it to the collegiate level, they need to prepare. And regardless of division or sport, in the NCAA strength and conditioning/dryland training is not an elective, **it's a requirement of the program.**

Most college fitness regimens are advanced, and can be harmful if the athlete does not execute with proper form and technique.

**NCAA Prep** will teach the athlete all the powerlifting, plyometrics, speed, agility, and core exercises that will be required by the team's program.

Don't wait for the college coach to send out that Strength and Conditioning Manual to your incoming recruit.

### LET'S GET STARTED NOW!

NCAA Prep is taught by Master Trainer, **John Albanese**, who has trained State High School Champions in two (2) different sports (tennis and swimming) who went on to become NCAA Division One, Major Conference Scholarship Athletes.

Small Groups are forming now. Private and Semi-Private instruction is also available.

**See our Demonstration on Youtube!**  
Search: *Saw Mill Club*

For more information or to register, contact  
**John Albanese** Master Personal Trainer  
914-733-4085 or e-mail [jalbanese@sawmillclub.com](mailto:jalbanese@sawmillclub.com)

Registration Form

## NCAA Prep

Name \_\_\_\_\_

Parent's Name \_\_\_\_\_ Member # \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Cell Phone # \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Parent's Signature \_\_\_\_\_