



# Athletic Fitness Academy

School Performance Program

“Systematically Maximize the Potential of your Key Athletes!”



# The Program

We help you to Systematically Maximize the Athletic Performance of your Key Athletes.

By Implementing a Tailored Training Program:

- Sports Specific Agility
- Strength and Conditioning
- Speed and Movement Training
- Performance Enhancement
- Sports Nutrition





# Just For Your Institution

**We take care of the Hi-Performance Training...  
You concentrate on Strategy and Tactics**

- ▶ Review your athletic goals and objectives
- ▶ Assess your performance training needs
- ▶ Develop a specific plan for your institution
- ▶ Design custom training program based on the needs and demands of sport
- ▶ Work with individuals or groups
- ▶ Track and quantify improvements

We can train on your premises or in our state-of-the-art gym



# Our Qualifications



**WHO WE ARE...**

## KC ASIODU

**EDUCATION**

- BA UNLV

**NFL EXPERIENCE (2009 - 2013)**

- St. Louis Rams
- Miami Dolphins
- New Orleans Saints
- Green Bay Packers
- Chicago Bears

**SPECIALTIES**

- Athletic training specializing in speed and movement

## ARNA K.

**EDUCATION**

- Master of Kinesiology, Exercise Science and Performance Enhancement
- Certified personal trainer through (NCCPT)

**EXPERIENCE**

- European American Football League (EFL)
- EFL Player of The Year and Finalist

**SPECIALTIES**

- Strength and Conditioning specialist
- Sports specific agility and speed training
- Sports Nutrition
- Performance Enhancement





# Why it works

This is what we specialize in and our approach:

- ▶ Study human movement from a micro & macro perspective
- ▶ Analyze and refine movement patterns
- ▶ Refine movement effectiveness
- ▶ Decrease wasted energy
- ▶ Eliminate unnecessary movement patterns
- ▶ Track progress of athletes & set standards
- ▶ Inspire a winning culture



# Some of our clients



**TIMOTHY QUIROGA**  
Pro Fighter



**LARRY GRANT**  
Pro American Football



**KESHIA BAKER**  
Track & Field



**ROY TAPIA**  
Pro Boxer



**BENTLEY OKPOKO**  
Pro Fighter



**BRET LOCKETT**  
Pro American Football



**JOSE HUERTA**  
Pro Fighter



**AMANDA KAMEKONA**  
Softball



**OSCAR TORRES**  
Pro Boxer



**ASHLEY MANSO**  
Track & Field / Fitness

Kilfit.com





# You can trust us

- ▶ Our Staff includes a former Professional NFL athlete and a Performance Specialist who holds a Masters Degree in Kinesiology & Human Performance Enhancement from one of the top institutions in the Country
- ▶ Our professional experience in athletic competition combined with our knowledge of performance Science allows to fuse academic spectrums to construct the most effective training regimen for a particular sport or athlete.



# Give us the opportunity



Our team has trained Professional, Collegiate and High School athletes ranging from NFL athletes, to Olympic gold medalist, volleyball, softball, baseball, water polo, soccer, hockey and football.

▶ Please let us submit a proposal to train your athletic team and maximize your results.

▶ Contact:

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Kilfit.com

