

# Boston Institute of Football Sport Training Summer Session 2011

HORDON HEALTH LLC 44 North Bennet Street, Boston MA



Hordon Health is presenting the **Boston Institute of Football Sport Training Summer Session** in Boston's Historic North End. From **June 20, 2011 to August 12, 2011** **ELITE Renegade Sport Training Coach, Marc Hordon**, and President of Operations of BIF and Renegade Sport Trainer, **Yann Kumin**, will host an **8-week** Football Sport Training Camp dedicated to **only the serious football athlete**. Renegade International Sport Training transforms the "football player" into an **Explosive, Position-Specific Football Athlete**. The Sport Training Program trains each athlete specifically in the areas of **posterior and rotational explosiveness, building of communicative muscle mass, and proactively preventing physical injury**.

- **Speed and Power in the First Step**
- **Rotational Strength, Speed, and Communication**
- **Lateral and Linear Agility**
- **Muscular Reaction Time**
- **Neurological Chaos Management**
- **Balance & Explosiveness through the HIT**

## The Program

The **football athletes** will be trained in such a way as to **emulate the physical experience** of the **football player**. All of the **football motions, the rest periods, the muscular exertions, the lateral and linear agility, the power, the explosiveness, the flexibility, and the coordination** unique to football are emulated through a combination of **dynamic flexibility, modified and non-modified Olympic lifts, Supplemental Lifts, and communicative range of motion** exercises. The program is based on the principles of **Renegade International** and Founder **John Davies**, and modified for specificity by **Marc Hordon**, Owner and founder of **Hordon Health** and the **Boston Sports Institutes**.

**Gold:** 40 Sessions – 5 Sessions/Week (Monday, Wednesday, Friday, Saturday, Sunday)

Session Covers: **Lowers - Posterior Chain – Renegade – Uppers - Rotational Axis** **\$1320** (over \$2800 value)

**Silver:** 32 Sessions – 4 Sessions per Week (Monday, Wednesday, Friday, Saturday)

Session Covers: **Lowers - Posterior Chain – Renegade – Uppers** **\$1184** (over \$2300 value)

**Bronze:** 24 Sessions – 3 Sessions per Week (Monday, Wednesday, Friday)

Session Covers: **Lowers - Posterior Chain – Renegade** **\$960** (over \$1700 value)

**Maintenance:** 16 Sessions – 2 Session per Week– Alternate Sport Committed Athlete

Session Covers: **Lowers - Posterior Chain** **\$704** (over \$1200 value)

\*\*\*Deposit Payments made after **June 6, 2011** are subject to **\$100.00 Late Registration Fee**

\*\*\*Deposit Payments made after **June 13, 2011** are subject to **\$150.00 Accelerated Registration Fee**

**Lower Development:** Places the hips, lower back, knee joint and ligaments in correct alignment while creating supportive, communicative, explosive and reactive muscle mass in Gluteus, Quadriceps, Hamstring, and Calf.

**Posterior Chain Development:** Containing the most explosive muscle mass on the human body, the muscles of the Upper Back, Lower Back, Gluteus, and Hamstring are developed to twitch fast, be explosive, powerful, and aligned correctly.

**Renegade:** Develops the body to explosively transition between Lowers, Posterior Chain, and Uppers with the utmost control and grace as we teach the body to dance, with tremendous force, speed, and weight.

**Upper Development:** As the most MISTRAINED area in American "Strength and Conditioning," the Chest, uppers are developed explosively as the Deltoid, Upper Back, Biceps, Triceps are trained for communication, force conduction, and control.

**Rotational Axis Training:** Develops explosiveness in rotation, communicating trunk rotation with gluteus and hamstring power, and instructs the body on how to use rotation as a conduit for energy created by the power in your Posterior Chain and Lowers.

# **HORDON HEALTH's** **diet rEVOLUTION**

## **Accelerate Increase Muscle Mass, Drop Body Fat, or Lose or Gain Weight?**

Hordon Health offers “diet rEVOLUTION” a sports nutrition management program with a 5 or 7 day daily meal plan custom designed specifically along with the session that **Guarantees Results!**

**5 DAY MEAL PLAN**, Consult, & Weekly Accountability Meeting

(8 weeks)

**\$350.00**

**7 DAY MEAL PLAN**, Consult, & Weekly Accountability Meeting

(8 weeks)

**\$450.00**

## **HORDON HEALTH B.I.F. STAFF BIO**

### **Marc Hordon:** **ELITE Renegade Coach** **Football, Baseball, Boarding** **BA Harvard University 2004** **Founder Hordon Health LLC**



Marc has a tremendous passion for helping others stemming from his childhood. Involved with community service since he was nine years old, Marc has worked with disadvantaged children, built baseball fields for local towns, and coached and volunteered as a baseball, football, and hockey clinician.

Battling injury throughout his collegiate baseball career turned fatal to his professional aspirations as he tore his left labrum, and shortly thereafter his right labrum and biceps tendon, requiring 3 surgeries over 4 years. Although his career at Harvard was efficient, earning multiple league-recognized awards, it was short lived as his arm never fully recovered from surgery.

Marc's attention then turned to the cause of these injuries and he discovered that his muscular conditioning and nutritional habits ultimately led to not only one, but three injuries and an inability to properly rehabilitate his right arm. When Marc was first introduced to Renegade Training and Nutrition Management he was in the last years of his recovery from injury and proved to be too late to

resurrect his professional potential, thus he turned to educating and training the populous, focusing his efforts on aspiring high school and collegiate student athletes.

As the country's best Sport Training Coaches, Marc's efforts have led to great strides in injury prevention and maximizing athleticism for athletes between the ages of 12 and 25. Marc's training, educating, and community service background has proved to be extremely influential as he has become one of the most elite trainers and S&C coaches in the Boston area.

### **Yann Kumin:** **Renegade Performance Coach** **BA Harvard University 2004** **Asst. Head Coach** **Malden Catholic High School**

Yann has been dedicated to classroom, camp, and athletic education for ten years and has been coaching football at the high school level for the past 5 years. His coaching career began in New Orleans, Louisiana with 4A stalwart Edna Karr High School where he also served as an algebra teacher.

Since returning to the Boston area, Yann has served as the Defensive Coordinator for Maignon High School and head Freshman Coach for Malden Catholic, where he is currently the varsity Assistant Head Coach and responsible for the offensive/defensive lines. As a football coach, Yann soon realized that his knowledge of strength and conditioning techniques and principles was both lacking and flawed, dedicated to packing on weight and ultimately reducing athletic ability.

It was this realization that led him to Renegade and Hordon Health where the fundamental question became not how big can my players get, but how phenomenal of an athlete can they become? Since achieving his Renegade certification, Yann has worked to integrate football-specific Renegade Training and Nutrition Management techniques as a S&C Coach for individual athletes, a clinician for athletes and coaches, and as a football coach.

### **Jennifer Calderone:** **Senior Renegade Trainer** **Certified Sports Nutrition Manager** **Certified HLM Lifestyle Coach,** **Manager HH North End, “diet** **rEVOLUTION”** **Renegade DMC, YOGA Instructor**

Jennifer is a moderate newcomer to the Renegade family, but has proven to be a rising star. Having been certified less than a year ago, she has risen to the ranks of being published with Renegade, excelling particularly in the field of DMC.

Jennifer's involvement in the Football Camp is going to be through her Sports Nutrition Management Certification. Jennifer will work with the athletes enrolled in “diet rEVOLUTION” and get them to meet their body compositional goals. She will concern herself entirely with each athlete's body fat composition and weight, monitoring each one closely as the athletes matriculate through the program.

Jennifer is a Renegade Trainer that works with regular clients in the North End. She enjoys being able to help each client set and meet their goals through correct exercise, customized nutrition, and FU