

GAMEREADEY

FITNESS • TRAINING



Pro Training

Workout Programs by Elite Trainers:

MIKE TALIC

Olympic Trainer

MARK UYEYAMA

San Francisco 49ers Strength Coach

CHRIS BOYKO

BC Lions Strength & Conditioning Coach

Mentors are current & former CFL players including:

GEROY SIMON	BC Lions
BOBBY SINGH	BC Lions
JAMAL LEE	BC Lions
JR LAROSE	BC Lions
MARC BESWICK	Hamilton Tigercats
RYAN LUCAS	Saskatchewan Roughriders
SEAN ORTIZ	BC Lions
WILL LOFTUS	Montreal Alouette
EDDIE FERG	Coach
ERIC FRASER	Calgary Stampeders
DAVIS SANCHEZ	BC Lions

Game Ready Fitness Youth Development Program

This program aims to provide positive leadership to youth in the community. Young athletes are teamed up with professional athletes to provide them with encouragement and superior athletic training. Doing so helps them build a strong mind and body by providing confidence and strength. Game Ready has developed tools for young and committed athletes, no matter what their income is.



CHAMPIONS ARE BUILT...NOT BORN!!!

JUNIOR LEVEL (10-14 Years Old)

2 days/wk

An introductory level to fitness and explosive athletic movement.

Focuses on building speed, conditioning, muscle endurance and to help develop positioning skills.

J.V. / VARSITY LEVEL (15 & Up)

3 or 5 days/wk

An advanced level geared to make our athletes pound for pound the

strongest, most explosive & fastest possible. Includes plyometrics, strength & conditioning, footwork, positioning drills

LOCATIONS:

- GARAGE GYM 101-6875 King George Hwy., Surrey, B.C.
- REVOLUTION GYM 20460 Langley Bypass, Langley, B.C.
- WORLD GYM 101-1533 Broadway St., Port Coquitlam, B.C.
- GENESIS ATHLETIC CLUB 125-949 West 3rd St., North Vancouver, B.C.

TEL. 778.987.1818 FAX. 1-866-755-7678

WWW.GAMEREADYFITNESS.CA

GAME READY

Game Ready Fitness is a youth development program that provides young athletes in the community with positive leadership. Youth will team up with some of our professional athletes who will mentor, encourage and strengthen these athletes physically and mentally.

We believe that every youth with a dream should be given a fair chance to achieve that dream. Our professional athletes living in the community are giving these athletes the opportunity to share in their experiences, knowledge, expertise, and training that they themselves have endured over the years. Exposing a young athlete to one of our mentors will no doubt give them the extra push and enable them to achieve their goals. No matter what their income is, every youth should have the same opportunity.

Our goal is to create a positive, constructive place as an after school program. It is a structured, safe, and positive environment. Our youths are required to be active in the community and serve as volunteers. We believe this is a good way to build themselves up and understand all walks of life, not to mention a great way to give back.

Game Ready was designed by elite trainers. Mike Talic, Olympic trainer, Mark Uyeyama, San Francisco 49ers Strength Coach & Chris Boyko, BC Lions Strength and Conditioning Coach. These trainers have done such an in depth job of creating programs that will consistently produce results. Our team of mentors consists of current and former CFL players including: Davis Sanchez, Jamal Lee, JR LaRose, Marc Beswick, Ryan Lucas, Sean Ortiz, Will Loftus, Geroy Simon, Bobby Singh & Coach Eddie Ferg. Our mentors are the professional athletes that will be working with the youth on a day to day basis.

Our programs are divided up into age groups. These programs will not only be an amazing experience but youth will gain valuable knowledge and mentorship to help them become leaders amongst their peers and within the community.

- **Junior** (10-14 yrs old) 2 days/wk – an intermediate level to fitness and explosive athletic movement. Focused on building speed, holding own body weight, conditioning, muscle endurance and to help develop positioning skills.

Days: Tuesday & Thursday

Time: TBA

Venue: TBA

Program starts January 11th, 2011



GAMEREADY

- **Junior Varsity** (15 & Up) 3 days/wk- will be the same program as Varsity Level but this program is specifically for youth that cannot commit to the 5 days/wk Varsity Level requires.

Days: Monday, Wednesday, Friday

Times Available: Surrey 6-7pm 7:10-8:10pm 8:20-9:20pm

Langley 5-6pm 6:10-7:10pm 7:20-8:20pm

Venue: Surrey Garage Gym

Langley Fitness Unlimited/Revolution

- **Varsity** (15 & Up) 5 days/wk – an advanced level of movement geared to make our athletes pound for pound the strongest, most explosive & fastest possible. Includes plyometrics, footwork, speed training, conditioning, 1 on 1's, agility, positioning, skelly and a gym membership.

Days: Monday- Friday

Times available: Surrey 6-7pm 7:10-8:10pm 8:20-9:20pm

Langley 5-6pm 6:10-7:10pm 7:20-8:20pm

Venue: Surrey Garage Gym

Langley Fitness Unlimited/Revolution

For more information please contact:

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Davis Sanchez

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Website: www.gamereadyfitness.ca

“Feel free to inquire about how to help offset costs by building community support”

