

# Aspiring Champions, Inc.

## Antonio M. Davis, BS, CPT, CSCS

Antonio Davis is the President and Founder of Aspiring Champions, Inc., Sports Preparation Center. AC uses his unique and proven methods to help athletes become champions. Antonio centered his Penn State education around becoming a world class Track & Field athlete and has since shared his education by helping thousands of grade school, high school, college & pro athletes reach their potentials for athletic success. Heralded as the country's top sports performance expert, he is a frequent guest speaker all over the United States.

### WHAT'S IN A NAME?



- \* 52 NFL Athletes
- \* 11 AFL Athletes
- \* 10 NBA & WNBA Athletes
- \* 20 top 10 Draft Picks
- \* 2 Professional Teams
- \* 38 NCAA All-Americans
- \* 20 HS All Americans
- \* 9 PA State Championship Teams
- \* Endorsed by 7 National Athletic Associations

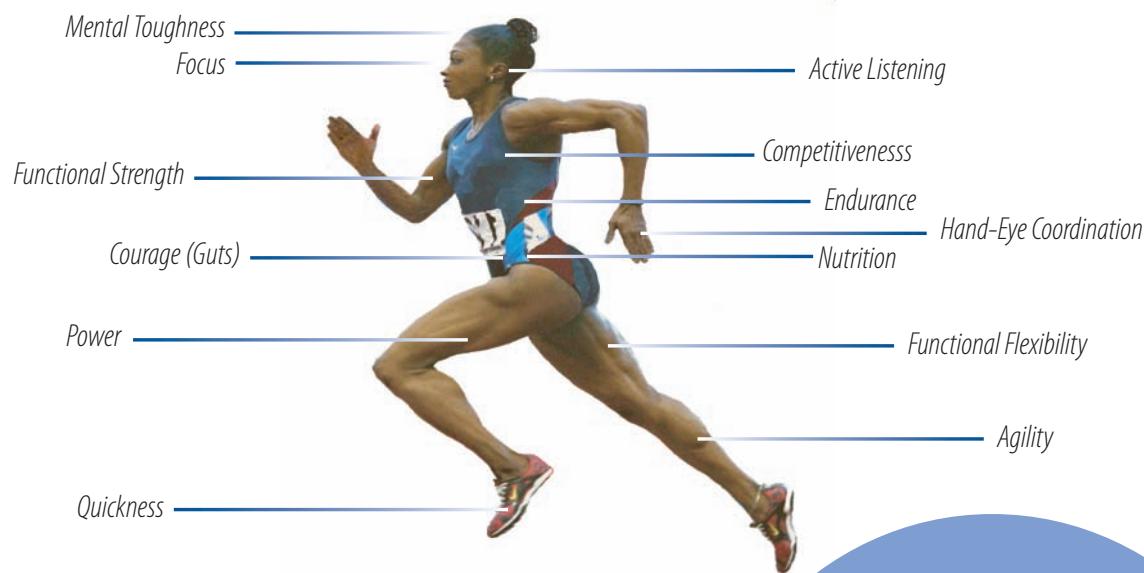


### Facility Features

- \* One of a Kind, Indoor, Air Conditioned Turf Field
- \* 4 Lane, Olympic Grade, 90 Yard Indoor Sprint Track
- \* 3 Age Specific Weight Rooms With Custom Made **Strength Equipment That Mimics Sports Movements**
- \* NBA Grade & Size Basketball Court (divides into 2 full courts)
- \* 3 Indoor state of the art hardwood volleyball courts
- \* Locker Rooms with Showers
- \* Digital Video Analysis Lab
- \* **Separate Adults Only Fitness Center** complete with Treadmills, Ellipticals and Disco Spinnig Room
- \* Fully Automated Laser Timing
- \* Heated Yoga / Pilates Studio
- \* Cafeteria, Birthday Party rooms and much, much more!
- \* Minutes from routes 422, 76, 202, 23, and PA Turnpike

Pulaski Drive is Just off of Mall (Formerly Goddard) Blvd. Between Children's Hospital and the Kremer Laser Eye Center. Other Landmarks include Crate n Barrel, Holiday Inn Express and Ruth's Chris Steak House

## ANATOMY OF A CHAMPION



### Dear Athlete:

Becoming a champion has little to do with potential (Michael Jordan: cut in 9th grade), the team you play for (Mike Piazza: NY Mets), age (Freddie Adu: only 16 in MLS), or circumstance (Lance Armstrong: cancer survivor).

There are only two reasons athletes don't become champions.

#### 1) They Don't Know How.

(What's the difference between Quickness & Acceleration or Strength & Power?) How can you improve them if you don't know what they are?

#### 2) They Make Conscious Decisions Not To Succeed.

(Do you continue to improve skill, quickness and acceleration during the season?) When should you be at your strongest and fastest?...before the season starts?

Aspiring Champions is here to teach you how to succeed while simulating each sport's environment in order to bridge the gap between training and competition.

## Total Sports Preparation Classes

### GRADE SCHOOL ATHLETES AGES 12- 15

- \* 2 or 3 Days per week for 8 weeks
- \* 60 Minute classes
- \* "Learn by Doing" Style coaching
- \* Sports equipment used in classes
- \* Structured classes teach all areas
- \* Pre-season, In-season & Off-season
- \* Pre and Post Test Report Cards
- \* Train the way you'll play!
- \* Affordable at every income level
- \* For More Training Classes see back of pamphlet

**No Athlete Can Reach Their Full Potential Alone; Aspiring Champions will Assure that You Will**