

**DON'T GET OUTWORKED THIS SUMMER**

Summer was once for taking it easy, catching some rays and sleeping until noon.

Not anymore. The party has been over for nearly a decade for football players, who take part in voluntary speed and strength camps throughout the eight weeks of summer. Make no mistake that voluntary means mandatory.

Talking with coaches throughout the city, to a man they all agree about the importance of summer development.

"It's really a perfect storm for players to get better," North Shore coach David Aymond said. "They don't have the rigors of school and they have the opportunity to rest. Players eat more during the summer also. That, combined with speed and strength workouts, kids come back for fall practice bigger, faster and stronger. They are better prepared for the season."

"I remember playing for legendary coach Ray Seals at Madison High School, and he always stressed working out in the summer," Derrick Jonkins said. "That is one of the main reasons the Marlins have been a traditional power for decades."

Finding the correct programs or camps are paramount, however.

That's where the DJonkins Sports Summer Football Training Program comes into play. Super-trainer Derrick Jonkins hosts elite football training camps every week throughout the summer at the Legends Sports Complex in The Woodlands. He will be expanding his reach this summer to the south side of Houston with camps at Westbury Christian High School.

"We work every day on skills and strength training, conditioning, video analysis, board talk and film breakdown," Derrick Jonkins said. "If you aren't working during the summer, someone else is and they are gunning for you. You never want to get outworked. Our experience staff allows us to put athletes through position specific training as well as conditioning work."

Over the past few summers, Jonkins has worked with athletes trying to get

to extend their careers beyond the high school level. His stable of athletes include The Woodlands' Daniel Lasco, who has signed with Cal-Berkley, and Michael Cooper, who will play at the University of Arizona this fall. Magnolia High School offensive lineman Willie Davis, who will play at Louisiana-Lafayette, also works without with Jonkins, as does College Park tight end Taylor Oney (Hardin-Simmons University).

"I've been blessed to work with over 100 athletes who have gone on to play at the college level," he said. "Regardless of the level, every kid wants the opportunity to play college football. My goal is to help get them there. Take Willie Davis and Taylor Oney for example. The both came to me with the goal of playing college football. They weren't highly-rated or recruited kids, but with the work they put in with me, they will play college football."

A graduate of Houston Madison High School where he played free safety, Jonkins piloted his football training program with two dozen Marlins in 2009 with the blessing of Coach Ray Seals. Jonkins trained the likes of Jeffery Lewis (University of Houston), Jordan Edwards (Lamar), James Washington (Lamar), Michael Ware (McNeese State) and Dominique Allen (Central Arkansas), who all are in the college ranks.

"Those kids worked hard every day and it paid off for them," he said. "They ended up winning district and going three rounds deep in the playoffs. It was an honor to give back to the Madison High School football program. Without Coach Seals and his staff, I would not be at the point I am in my career today."

**DJONKINS SPORTS**  
www.DJonkinsSports.com

*Summer*  
**FOOTBALL**  
TRAINING PROGRAM

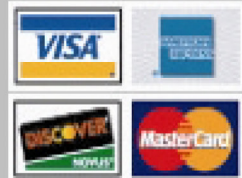
**A PICTURE OF SUCCESS**  
Kids that trained in the football camps with Derrick Jonkins signed full athletic football scholarships.



**JUNIOR FOOTBALL TRAINING CAMP**

**PAYMENT**

NAME \_\_\_\_\_ AGE \_\_\_\_\_  
 MALE / FEMALE \_\_\_\_\_ T-SHIRT SIZE:  S  M  L  XL  
 PARENT'S NAME \_\_\_\_\_ CELL # \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 EMAIL \_\_\_\_\_



PAYMENT OPTIONS:  CHECK  CREDIT CARD  
 CARDHOLDER'S NAME: \_\_\_\_\_  
 CARD NUMBER: \_\_\_\_\_  
 EXPIRATION DATE: \_\_\_\_\_

**REGISTRATION**

PLEASE CHECK THE PROGRAM, TIME & WEEKS PARTICIPATING  
**CAMP LOCATION: LEGENDS SPORTS COMPLEX**  
 Camp will be held both inside on turf & outside on the field

**Peewee Football Summer Program**  
(Ages 7-10)

**Monday - Thursday**  
 Introduce New Players to game and provide teaching of the basic fundamentals needed to succeed at playing the game.  
 8:30 - 11:30am  
 \$200.00

**Junior Football Summer Program**  
(Ages 11-14)

**Monday - Thursday**  
 Kids will be taught proper football techniques, drills, mental prep, physical conditioning & position specific training (QB, WR, DB, O-Line, D-Line). This will prepare them for high school and middle school football.  
 8:30 - 11:30am  
 \$200.00

**Elite Football Summer Program**  
(High school - College athletes)

**Monday - Thursday**  
 This program will be designed to fine tune and drastically improve the athlete's skills in all areas of football. Through focusing on weight training, drills, 40 yard times, shuttles, etc., the athlete will be more than prepared for their football season.  
 \*call for time / price  
 (customized program, please call for pricing, times & days)

**Please Choose:**

- Week 1 starts June 6
- Week 2 starts June 13
- Week 3 starts June 27
- Week 4 starts July 5
- Week 5 starts July 11
- Week 6 starts July 18
- Week 7 starts July 25
- Week 8 starts Aug 1
- Week 9 starts Aug 8



**CONTACT**

Contact Coach Jonkins at [Info@DJonkinsSports.com](mailto:Info@DJonkinsSports.com) for any questions or concerns.

**CALL**  
**(832) 721-8311**

**SIGN-UP**  
[TheLegendsSportsComplex.com](http://TheLegendsSportsComplex.com)

