

James Burk Certifications

Current Head Football Coach at Episcopal School of Dallas
(2007 SPC Division II Champions)

2006—Strength & Conditioning Coach of the Year
by American Football Monthly

Nike SPARQ certified trainer

NSCA—Coach Practitioner

NSCA—Certified Strength & Conditioning Specialist

USWA—Club Level I Coach

USWA—Sports Performance Certified

ISSA—Certified Trainer

USTFA—Level I certified

Copper Clinic—Certified nutrition specialist

West-Side Barbell certified

Has written several published articles on strength and
conditioning

Has spoken at many clinics on strength and conditioning

Has worked at Sam Houston State University, TCU, San
Antonio East Central, Fort Worth Christian, Dallas First Baptist
Academy, Watuaga Harvest Academy

WORKOUT SET UP

· TIMES FOR ALL WORKOUTS ARE 4:30 - 6:15PM

· WORKOUTS WILL INCLUDE STRENGTH AND SPEED
DEVELOPMENT

GROUP A:

4 DAYS A WEEK-16 SESSIONS
MON, TUE, THUR, FRI

Price: \$320

\$270 IF SIGN UP BEFORE DEC. 21ST

\$245 IF SIGN UP BEFORE DEC. 21ST AND ALL STAR

GROUP B:

3 DAYS A WEEK - 12 SESSIONS
MON, WED, FRI

Price: \$300

\$250 IF SIGN UP BEFORE DEC. 21ST

\$225 IF SIGN UP BEFORE DEC. 21ST AND ALL STAR

GROUP C:

2 DAYS A WEEK-8 SESSIONS
CHOOSE 2 DAYS THAT BEST FIT YOUR SCHEDULE

Price: \$280

\$230 IF SIGN UP BEFORE DEC. 21ST

\$205 IF SIGN UP BEFORE DEC. 21ST AND ALL STAR

COACH BURK

2010 Football Strength & Conditioning

*Take your training to the next level starting
January 4th, 2010*



*"Train like a champion, think like a champion,
act like a champion, become a champion!"*

Tesimonials

“James Burk and I worked together at the D-1 collegiate level. Coach Burk is an influential mentor and role model for athletes. Not only is he a dynamic motivator and an excellent teacher, he is also a progressive minded, highly informed and conscientious strength and conditioning coach. He is a man of high morals and high demand that will make you better.”

Rusty Whitt, M.Ed. CSCSRice University Assistant Strength/Conditioning Coach

“I have known James Burk for over 15 years and I have trained with him for over 3 of those years. Without any hesitation, I can recommend training with James. Coach Burk is highly motivated, very driven and of the highest character. He is extremely knowledgeable and passionate about training athletes. Coach Burk is a great teacher and is always looking to advance his own education for the benefit of his athletes. James is a coach who walks the walk.”

Kyle Speer, Head Strength and Conditioning Coach – Sam Houston State University, 2006 Strength and Conditioning Coach of the Year by American Football Monthly

Savings

****SIGN UP BEFORE DECEMBER 21ST
& SAVE \$50 OFF OF 1ST MONTH****

****MENTION YOU WERE A PLAYER IN THE TOM HILLARY ALL STAR GAME AND SAVE AN ADDITIONAL \$25****

SPACES ARE LIMITED TO 6 PER GROUP

A WAITING LIST WILL BE AVAILABLE

- You can pay with credit card online, or make check payable to Coach J Burk
 - Waiver must be signed prior to starting program
 - Not exclusive to Class of 2010 players
 - A \$25 discount is offered for referrals
 - Summer programs will also be available
- Workouts will be held in Lake Highlands –weights in my garage gym and speed development at a near by field

WORKOUTS WILL ADDRESS THE FOLLOWING:

Strength, power, muscular endurance, linear speed, agility, speed endurance, flexibility, nutrition, testing, goal setting, mental toughness and character development

Tesimonials

“Coach Burk is one of the best strength and conditioning coaches I have been trained by in my high school and college football careers. His instruction helped prepare me to become a division 1 football player and he is one of the primary reasons I received full athletic scholarship to Purdue University for football. If you are serious about taking your game to the next level, Coach Burk can get you there.”

Ryan Prater, Purdue Offensive Tackle, 2004 Tom Hillary All Star Participant

“Coach Burk changed my entire career. His advanced training techniques allowed me to enter college football years ahead of my competitors. Training with Coach Burk in high school made it possible for me to focus on strength gains and muscle conditioning while other players had to spend their first year of college learning the advanced lifts and techniques. I fully endorse Coach Burk’s training program and recommend them to every high school football player looking to take their careers to the college level.”

Trey Simeone, 2 Time All Conference Tight End at Abilene Christian University, 2003 Tom Hillary All Star Participant