



# OCEANSPEEDCAMP.COM

Anthony Prior is Washington State University's **fastest player ever**, with a 40 yard time of 4.21 seconds. During his 11 year professional Football Career, Anthony Prior remains one of the Fastest Players in the NFL and the CFL. Now Anthony wants to share his speed building techniques with *your team*. Let Anthony Prior coach your team to victory. If you want to be the best, you must learn from the **Best**.

"Pound for pound the strongest football player in WSU history...bench presses 400 pounds, squats 540 pounds, power cleans 310 pounds. Also, he's the University's fastest player ever... has a best in the 40 yard sprint of 4.21 and for the pro scouts on March 13th, 1991, ran a 4.26. His records haven't been broken to this day."

Washington State University Media Relations

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# SPEED, STRENGTH, AGILITY, FORM, STRIDE, POWER, EXPLOSIVENESS, ACCELERATION & TECHNIQUE

This is a once or twice a week program, during the off-season to help improve overall team speed, and agility.

**SPEED EMPHASIS:** START-ACCELERATION-EXPLOSIVENESS-STRIDE-FORM-TECHNIQUE

1. MUSCLE BALANCE
2. START & ACCELERATION
3. STRIDE RATE
4. FORM & TECHNIQUE
5. BODY COMPOSITION
6. EXPLOSIVE POWER & QUICKNESS

ALL SPEED TECHNIQUES WILL BE DEMONSTRATED BY ANTHONY PRIOR TO INCREASE FASTER LEARNING, AND RESULTS.

**STRENGTH EMPHASIS:** PROPER TECHNIQUE, FOUNDATION BUILDING, BODY CONTROL, POWER FORCE.

1. RHYTHM STRENGTH
2. POWER CLEANS
3. POWER ENDURANCE
4. MUSCLE ENDURANCE
5. FULL BODY STRENGTH
6. INTENSITY BASED LIFTING

ALL WEIGHT LIFTING WORK-OUTS WILL BE LEAD BY ANTHONY PRIOR, WHO WILL DEMONSTRATE ALL LIFTING TECHNIQUES TO ENSURE PROPER FORM AND SAFETY, THERE WILL BE NO MAXIMIZING. THIS IS A LEARNING PROGRAM FOR IMPROVING EACH ATHLETE'S OVERALL STRENGTH.



"During my tenure at Washington State University, Anthony Prior was and still is, a man of Character, an example of achievement, through hard work. He became the fastest player in the University's history, his record of 4.21 seconds, still stands today. "

***Mike Price, University of Texas at El Paso***

**PROGRAM RELEASE FORM**  
**OCEAN SPEED CLINIC**

Participant Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Home/Cell Phone: \_\_\_\_\_

Age: \_\_\_\_\_ Email address: \_\_\_\_\_

I hereby indemnify and hold harmless Ocean Speed, Anthony Prior and its employees from and against any and all liability for any injury, which may be suffered by me arising out of or in any way connected with participation in the Ocean Speed Camp. I recognize and understand that there will be risks of injury to myself as a participant in this program and agree to accept those risks in registering myself as a participant. My signature indicates that I am aware of and understand how this program will be conducted. I further understand that this is a one to two day-a-week activity.

\*Signature: \_\_\_\_\_