

IRON RANGER

SPORTS PERFORMANCE TRAINING

Take your game to the next level with the Athletic Performance Staff of Jesuit Dallas

We use time tested tactics and cutting edge research to design and implement strength training and conditioning protocols for youth/adolescent athletes

We take a holistic approach to all things performance. On top of strength training, we develop/cover in detail –

- Speed, agility, and mobility
- Injury Prevention – we add “armor” to your child’s frame
- Nutrition – we offer zoom calls/in person meetings with athletes and parents to discuss how to properly fuel a rapidly growing adolescent. We also give out resources such as e-books and pre-recorded lectures

Get a leg up on your competition! By the time your child is a freshmen, they will have 1-2 years of training experience under their belt – ***sport coaches take notice of this***

Strength training has a tie to athleticism – the stronger we can get, the more athletic we can become

Our program is fun! Our athletes thoroughly enjoy themselves all while learning self-discipline, humility, and respect for the process of training.

Join us 2x a week – Monday-Thursday @ 5:45-6:45pm, Saturday 9-10am.

\$35 dollar drop in

Or

\$232/month (8 sessions @ \$29.00 a session)

About the Jesuit Dallas Athletic Performance Staff-

Director of Athletic Performance –

Giuliano Sanchez

Experience at:

- Louisiana State University
- Michigan State University
- University of California
- University of Denver
- De La Salle High School (California Football Powerhouse)
- Trained multiple professional athletes including Kyle Muller (Braves-MLB), Chris Muller (Rays-MLB), Ben Simmons (76ers-NBA), and Jared Goff (Lions-NFL).

Master’s Degree – Kinesiology (LSU)

Former Collegiate Athlete (D2 Lacrosse)

Assistant Director of Athletic Performance –

Nick Sexton

Experience at:

- Nova Southeastern University
- Florida State University
- Florida Atlantic University

MLB Combine Preparation Specialist –

Responsible for training multiple MLB Draft picks including Juan-Carlos Cintron (Diamondbacks), Jake Anchia (Mariners), Brett Clements (Astros)

Master’s Degree – Kinesiology (Nova Southeastern)

Interested? Email IronRangerPerformance@gmail.com for more info!