

IRON RANGER

SPORTS PERFORMANCE TRAINING

Time tested tactics and proven research are used 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 counseling

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 –Tuesday, Thursday @ 5:30pm
\$40 per hour long session

Iron Ranger Sports Performance Director-
Giuliano Sanchez
Director of Athletic Performance at Jesuit Dallas

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 (A’s-MLB), Chris Muller (White Sox-MLB), Jordan Lawler (Diamondbacks-MLB) and many Jesuit Alumni currently competing in the NCAA D1, D2, and D3 levels

Master’s Degree – Kinesiology (LSU)

Former Collegiate Athlete (D2 Lacrosse)

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