

BigTime Results!

- 35 athletes this past year earned college scholarships!
- Over 35 athletes received post season awards this past school year alone!
- Over 60 All-State recipients since 2000
- 12 "Player of the year" awards since 2000
- Over 45 athletes competing at the college level in the past 3 years!
- Personal records shattered, new levels reached!
- 100's of young athletes have been part of a BigTime program!
- College athletes coming back to train here!

We use BigTime as much as we can! BigTime does a great job of providing our kids with the type of training they need to get to that next level. The results that our kids have had can't be argued with!.....

Ron Tesone Head Football Coach Niwot High School

BigTime Athletic Development is what started me on my way to getting to where I am today. Training with BigTime for three years in high school is what gave me the physical ability and confidence to play at CU!.....

Tom Hubbard Strong Safety CU.

I have been sending my kids to BigTime for over 6 years. My son is now at CSU. He was an All-State Football player and has won 3 state championships, we are relied on BigTime to help get him make to the college level!

Mike Liggett -Parent

I started training with BigTime in 8th grade. This program was a big reason for me having a very successful high school career. Becoming the fastest and strongest athlete I could be is what BigTime did for me and many of my teammates. What my high school offered wasn't enough to get me to the D1 level. I think anyone that wants to play at a high level needs this program!.....

Steve Juedes Strong Safety CSU

I have sent all three of my sons to BigTime two of which now have Division I scholarships! There isn't a more complete program available that prepares an athlete for the next level no matter what that is!...

Ted Kawaluk -parent and coach Monarch High School

Programs & Prices

Strength Training:

Full body: Cost-\$25 per session. Price depends on commitment long term and number of sessions per week and month. Sessions last approx. 1- 1 1/2 hours.
Split routines: Cost: \$325/month. Flat rate price for 5 days a week, no make ups or discounts for misses. Great deal! Sessions last approx 1-1 1/4 hours.

Speed/Plyometric Training:

Speed Camp: Cost: \$12-\$15 per session: (Check for pricing) depends on situation
Speed Training and Plyometrics: Cost\$15-\$20 Combined with Vertimax and core training. Depends on number of sessions per month.

Strength and Speed Combination:

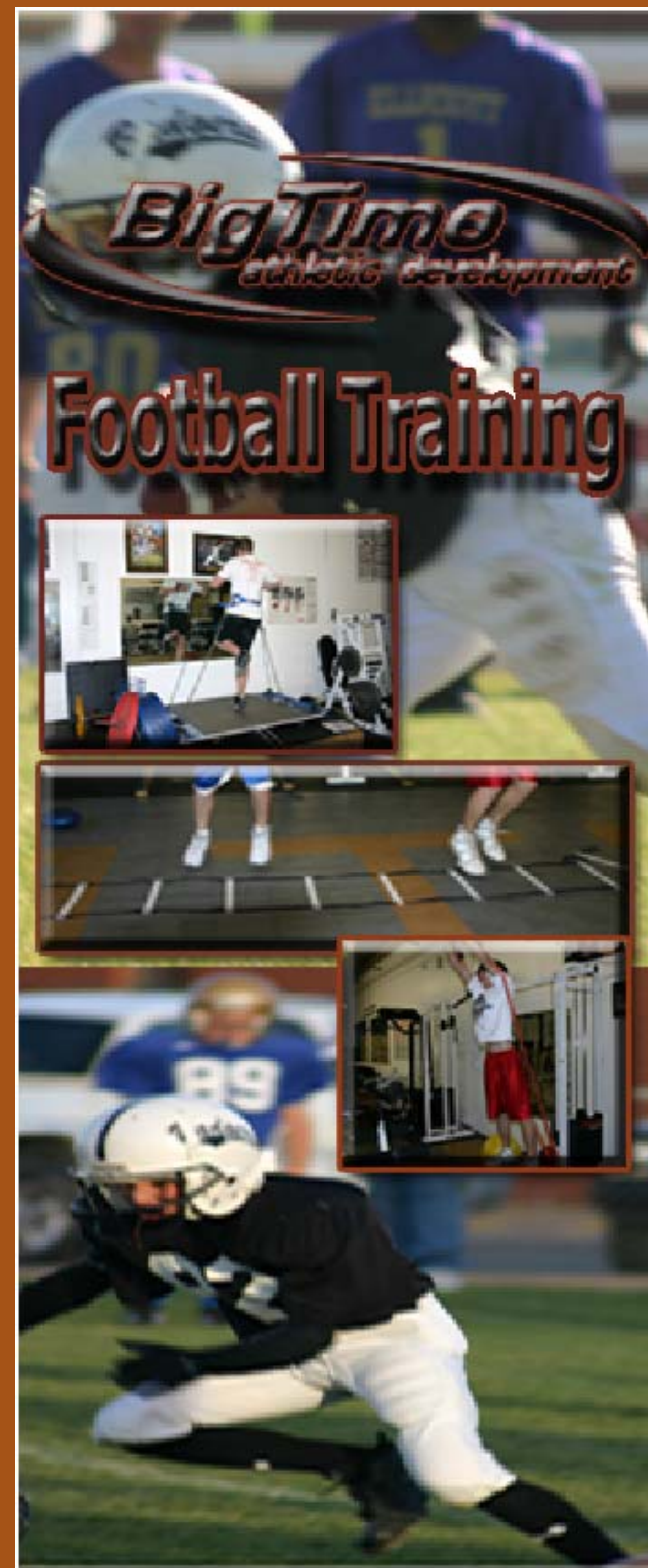
Full body & Plyos:Cost \$25/ per session
Split Routine & Plyos:Cost \$325/month. Best deal you get a whole month of speed work for only \$25. Vertimax and core work included !

Vertimax/Core training:

Usually included with other programs:
Cost:\$15 if done separate

Skills Training: Price depends on situation

Skills Training/Strength & Speed: Programs can be adjusted to what the athlete needs. Cost will be determined by how much strength and speed work will be done and how much skills development will be done. Call for more details!



Why BigTime ?

Training for football is a practically a 12 month a year program. If you truly want to be the best that you can be then you have to put the time and effort into being a quality football player.

BigTime Athletic Development is not a replacement for the training that is received at the high school level, but an option for athletes that want to do more than what they get at their high school. Every legitimate high school program has a good off-season training program. These programs do a good job of getting their athletes ready for the upcoming season. If you want to improve at the same pace as every other football player in the state or the country for that matter then the high school program may be able to do that.

If you want that extra edge or you want to make sure that you are doing more than your competition-BigTime Athletic Development is the answer. If your goals are to play and what ever the status quo gives you is fine then you don't need BigTime Athletic Development .

If an athlete wants help to get to the next level-no matter what that is, and they want to work at it, then BigTime Athletic Development is there for that athlete. Age and skill level will determine the level of training but it doesn't limit it!

Success doesn't just happenyou make it happen!

BigTime makes it happen!



BigTime Overspeed ! BigTime Speed Camp !

Training for Power !

BigTime Football Training!

Every young athlete, parent, and coach that we come in contact with is searching for the same thing-speed, 1st step quickness, power and explosiveness. At every level these are the components of the successful athlete.

BigTime Athletic Development has developed the most comprehensive and effective speed and plyometrics program possible for young athletes! Football is extremely reliant on speed and quickness and every player needs it!

BigTime Athletic Development provides a program for football players that produces the needed strength, speed and power that they are seeking. *BigTime* programs produce the wanted strength, the kind of strength that is explosive and powerful . Our football programs are designed to increase performance on the field by increasing speed and power. This newly developed speed gives athletes the opportunity to compete at the highest level or at the next level what ever that may be! Our incredible core development has a huge impact on the development of speed and overall athletic ability!

BigTime Athletic Development programs are designed for each specific athlete for each specific sport. Football has specific demands and the program needs to be designed as such. Every program involves the following:

Flexibility: Speed is affected by flexibility-BigTime devotes a great deal of time on improving overall flexibility !

Strength Training: For optimum performance, speed, power & injury prevention. Can't reach next level without the strength for speed, power to perform! Strength can create speed!

Core & Stability Training: To be a strong and explosive athlete core strength is essential. BigTime core work is a staple of our program and is very comprehensive and effective!

Speed, Agility, Plyometric Training: Programs can be done separately or in conjunction with the strength training. BigTime speed camps have made a huge impact on athletes all over the state of Colorado!

Functional Testing: BigTime provides a very comprehensive testing program that gives athletes, parents and coaches great feedback and incentive!

Position specific exercises: Different positions can require different exercises. BigTime adapts each program for the sport and the position!

Skills Development: Great athletes with poor skills are no more successful than poor athletes with great skills! *We provide our athletes with opportunities to work with best fundamental coaches available!*