



Clayton Holmes

My motto is praise and encouragement. A well timed "Good Job" can lead to a wealth of confidence, I am living proof and a witness! My specialties are kids with no confidence or low self-esteem. My eyes light up because there is no greater joy for me then seeing a child "excited" because they just achieved something they thought they couldn't! And that smile, that overwhelming feeling of happiness they get, is what I work for.

I am a three time Super Bowl Champion formally of the Dallas Cowboys. I was drafted in 1992 and upon arrival to our first camp I was recorded as the fastest cowboy on the team with a 40yd dash time of 4.22 seconds. I was not always fast. I worked at it and now I want to share how I got there.

All Training will be held at
the Sports Plex:

www.wvsportsplex.com

office:(509)888-5200

Speed Work: 45.00 hr (individual)
25.00 hr (group)
2day minimum

Optimal Training program is
Speed/Agility and **Conditioning**
Mon., Tues., Thurs., and Fri. Speed
work on Mon.&Thurs. Conditioning
on Tues.& Fri.

(Individual)

2 days= \$90 wk/ \$360 mo.
3 days= \$135 wk/ \$540 mo.
4 days= \$180 wk/ \$720 mo.

(Group)

2 days= \$50 wk/ \$200 mo.
3 days= \$75 wk/ \$300 mo.
4 days= \$100 wk/ \$400 mo.

Realize Athletics

Speed And Agility Training
Clayton Holmes

Defensive Back Specialist



REALIZE! YOU CAN!

GET WITH IN!

Realize- become fully aware of (something) as fact; understand clearly.

At Realize Athletics we help athletes “realize” that they can run faster, jump higher, and be more explosive. With this awareness you began to realize you can do other things in life. Realize Athletics Is not just about sports, It’s also about life skills.

Speed, Agility, and Jumping Power

The key to running faster and jumping higher is having a desire and training properly. The more you sprint, work on agility and jump the better you become.

How does Realize Athletics serve the Coach?

We will develop the athletes explosiveness, speed, broad/vertical jump and balance. All that is left for the coach is practice time spent on perfecting plays and game planning.

What sports do we train?

All sports that require speed, agility, quickness and jumping power. We train athletes of all levels starting at ages 9 and up.



Realize Athletics

What is Realize Athletics goal for each athlete?

To improve overall athleticism and “life skills”. To get every person to “realize” their true power and potential and apply it not only to the field of play but also to the field of life. **As a former Defensive Back in the NFL I specialize in DB training.** Another benefit from training with us is it will increase the athletes chances for a scholarship!

