



PAUL SOUZA'S ELITE TRACK & FIELD SERIES DYNAMIC WARM-UP PROGRESSION DVD ORDER FORM

One of the nation's top coaching clinicians, Paul Souza now brings his exclusive, *Dynamic Warm-up Progression* to coaches everywhere with his new DVD. Relevant for coaches at all levels, the DVD provides instructions for implementing a dynamic warm-up to improve athlete performance. Included are Joint Mobility Exercises, Dynamic Flexibility Drills and tips for proper running mechanics.



ABOUT COACH SOUZA: A track & field coach for nearly 25 years, including the last 13 at NCAA DIII powerhouse Wheaton College, Souza's coaching accomplishments include 5 NCAA Indoor and 3 NCAA Outdoor National Team Titles, 80 NCAA National Champions, and more than 300 NCAA All-Americans

**Paul Souza's Elite Track & Field Series
Dynamic Warm-Up Progression DVD is now available for just \$30**

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