

Nick Novak Kicking School

LLC

Year Round Kicking and Personal Training Instruction

Strength - Speed - Balance - Core - Mental Focus Development

The Nick Novak Kicking School is dedicated to assisting and improving the skill level of aspiring kickers and punters through precise workouts. Such training increases accuracy, form, distance and overall athletic ability of the player.

Novak and his team of specialists are eager to share the wealth of knowledge they have learned from the best special team coordinators, kicking coaches, personal trainers and sports psychology specialists in the nation.



“I don't think there is any other quality so essential to success of any kind as the quality of perseverance. It overcomes almost everything, even nature.”

- John D. Rockefeller



Nick Novak Kicking School

Your Work is Your Legacy

www.nicknovak.com



ATHLETIC  REPUBLIC™

www.athleticrepublicannapolis.com

Pricing and Packages

1 Lesson.....\$150

12 Lessons...\$690 (\$57.50 each)

6 Lessons.....\$420 (\$70 each)

20 Lessons...\$1030 (\$51.50 each)

All Packages Include...

- ▶ Kicking specific exercises and maintenance programs for year-round training
- ▶ A Mental Focus Development Plan completed by **Elite Minds**, a sport psychology firm that assesses the nine mental skills essential for successful athletes
- ▶ A complimentary DVD and tee shirt

Youth Clinics for Players and Coaches

Clinics are held at your home field for groups of five or more with coaches present. Great for coaches who want to learn the art of kicking and punting, and techniques for teaching it.

\$20 per child (limit 15 per group)

SCHEDULE YOUR PACKAGE OF CHOICE TODAY! - Email: NickNovak46@gmail.com



"I firmly believe that any man's finest hour, the greatest fulfillment of all that he holds dear, is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle—victorious." - **Vince Lombardi**

About Nick Novak

With a degree in Kinesiology, Nick Novak understands the methodical functionality of motion with regards to precise punting and accurate kicking. An extensive resume with the Chicago Bears, Dallas Cowboys, Arizona Cardinals, Kansas City Chiefs, our Washington Redskins and of course the Maryland Terrapins has molded Novak into an accomplished, well-rounded football player. He remains the only University of Maryland player to receive the Jim Tatum Award by the ACC, and is an all-time leading scorer in ACC history.

