



Red Lion Youth Football

Fall 2020 Speed, Agility & Strength Training

★★★ Open To All Red Lion Students in 4th through 7th Grade ★★★

While we are disappointed about not having a regularly scheduled fall tackle football season this year, we are pleased to announce that we have been able to partner with **S3 Performance Training**.

S3 and its staff of professional trainers are led by Ron Johnson, and they are dedicated to making kids better athletes. Over the past several weeks we have been in discussion with Ron to develop a program that will meet the age appropriate needs for our young Red Lion athlete's. This professional athletic training is designed to teach kids proper techniques when engaged in physical activity. To move better, avoid injury and develop strength as it relates to sports performance.

Not playing football is a major disappointment, but we can do something in the meantime to make our kids better players by teaching them how to hone their own athletic performance.

Key Details:

- 6 weeks of sessions 2x per week – beginning Thursday September 24th.
 - Thursday evening 6-7PM
 - Saturday Morning 9-10AM
- Fee \$100 per participant – cash or check made payable to S3 Performance Training
- Will be following COVID Guidelines (masks, social distances, etc.)
- Will be held at the Red Lion High School Varsity Practice Field
- Question, email Mark.Hornberger@redlionyouthfootball.com
- RLYF Speed Agility t-shirt & gator mask will be available to order after registration

Sign-up Registration Link: [Click here for Speed, Agility and Strength Training](#)

Ron Johnson Bio:



Ron Johnson is currently the Director of Athlete Performance for S3 Performance Training. Ron shares his years of sports performance and conditioning knowledge with dedicated student-athletes. Ron has trained and managed with some of the top sports performance facilities and coaches around Philadelphia and Baltimore, and was well coached in the weight room throughout college and professional football. Ron has worked with some of the area's best youth and collegiate athletes for several years. In addition, he has been coaching football at Red Lion High School as the Defensive Line Coach. He also has directed the Strength and Conditioning and Speed and Agility Programs for the Football Team.



In 2003 Graduated with a B.A in Speech Communications. That same year he was selected as a Rookie Free Agent by the Philadelphia Eagles in the 2003 NFL Draft. He spent 2 years with the Eagles, before suffering a spinal injury. Ron officially retired from the NFL in 2005 due to a spinal injury. Ron, provides sports specific training with athletes, serves on community boards and enjoys inspiring youth to succeed on and off the field.

