



PACT PERFORMANCE NEWSLETTER

Spring Workout Program Updates

Our spring program has been off to a great start. We have a lot of new Pact athletes in our second group and we could not be more impressed with their drive and dedication to every workout. Keep up the hard work!

We would like to remind the younger athletes to be patient with wanting to add more weight to their exercises. It is important that they master the motion of the exercise and build up their muscles before adding weight. **Injury prevention is our top priority.**

If you have Instagram or Facebook, be sure to follow our photographer [J.SilvaSports](#) to see your son's workout photos.



PACT PERFORMER

Congratulations to **Xander Silva** for being the first Pact Performer of the Spring Program.



A younger athlete was struggling to do a landmine press and without anyone asking him, Xander went over and corrected the athlete and helped him out with his set. Xander has great initiative and leadership skills not only in the gym but on the football field. Xander

Summer Workout Program Updates

The summer **field session** program is now open for registration.

Sessions will run from June 15th - August 6th.

Combine testing will be held on June 15th
NO WORKOUTS week of July 4th

Mondays: 6:00pm - 7:30pm

Thursday: 6:00pm - 7:30pm

Combine - Aug 6th

Saturday: 9:00am - 11:00am

*Includes: all individual position drills, 7 on 7's, Strength, Agility, Speed Training, Combine prep

To reserve your spot click the button below or visit our website

<https://pactperformance.com>

Sign-up Here

Summer Weight Room Program Sign-Ups Coming Soon

Workout Tips

The **Trap Bar Jump** is a great way to prepare younger/newer athletes to perform power movements like Hang Cleans & Power Cleans. The Trap Bar Jump is used to build the same explosive power and is a great substitute.



Play Video

NUTRITION



High Protein Blueberry Pancakes

kcal: 257
Fats: 5g
Carbs: 18g
Protein: 36g

- $\frac{1}{4}$ cup liquid egg whites
- 1 scoop (25g) vanilla whey powder
- $\frac{1}{2}$ banana, mashed
- Almond milk (if needed)
- $\frac{1}{4}$ cup (25g) fresh or frozen blueberries
- $\frac{1}{2}$ tsp coconut oil

Whisk together the egg whites and protein powder.

Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.

Heat coconut oil in a pan on low-medium heat. Pour in the pancake mixture into one large or 3 small pancakes and cook until little bubbles form (about 5 mins).

Make sure the pancake has set enough before you to flipping it. then flip over. Cook the pancake another 2-3 mins.

Serve with your favorite toppings.



Pact Performance LLC

New Hampshire 111 142, 03841, Hampstead

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