



## TESTIMONIALS

### ➔ Clay Nurse, **NFL**



"Getting ready for the NFL, you need a team to help you prepare mentally, physically, and spiritually. Isiejah encompasses all of that in one dynamic, enthusiastic, driven and motivated individual.

He pushed me to take my body to another place by instilling the values of VGA to my core. He is in the upper echelon when it comes to preparing athletes. VGA for life."

### ➔ Chris Campbell, **Arena**



"I told him I had a goal, I wanted to get faster and prepare for the NFL Regional Combine. We started training immediately. He was able to pick up on a lot of things that other strength coaches couldn't see that I had been working with in the past.

Just after a few weeks, you could see the results, I was moving better with more body control and I was faster. I was more explosive out of my start, and my times came down."

### ➔ Shawn Lemon, **NFL**



"Training with Isiejah was a huge success for me. It helped me with my quickness, strength, and muscle endurance, all of which transitioned to the field pretty fast."



## STARMAKER **SPEED** SCHOOL

You need to run **FASTER**.

Our **SPEED SCHOOL** will make you **FASTER!**

**\*Sprint Mechanics**

**\*SAQ (Speed, Agility, and Quickness)**

**\*Conditioning**

The customized workout regimen includes, but is not limited to: Individual/Small Group Training, Speed/Agility/Quickness, Footwork, Mental/Physical Strength, Technique Development, Flexibility, Film Study

## EVERYONE IS A **STAR** AT **STARMAKER**

StarMaker Sports provides high quality sports performance training. Founded by international and professional athlete Isiejah Allen, StarMaker Sports designs and implements programs that improve every aspect of an individual's athletic performance.

CONTACT US FOR YOUR **FREE** SESSION!

