

James Burk
Strength & Conditioning
Coordinator, Offensive
Coordinator, Offensive
Line Coach for John Paul II

Certifications

2006—Strength & Conditioning
Coach of the Year—by American
Football Monthly
Nike SPARQ certified trainer
NSCA—Coach Practioner
NSCA—Certified Strength & Con-
ditioning Specialist
USWA—Club Level I Coach
USWA—Sports Performance Certi-
fied
ISSA—Certified Trainer
USTFA—Level I certified
Copper Clinic—Certified nutrition
specialist
West-Side Barbell certified
Has written several published
articles on strength and condi-
tioning
Has spoken at many clinics on
strength and conditioning
Has worked at Sam Houston
State University, TCU, San Anto-
nio East Central, Trinity Christian
Addison, Fort Worth Christian,
Dallas First Baptist Academy,
Watuaga Harvest Academy

CAMP INFORMATION

DATES:

JUNE 7TH—JULY 22ND

DAYS:

MONDAY—THURSDAY

LOCATION:

JOHN PAUL II HIGH SCHOOL,
900 COIT RD, PLANO TX 75075

SESSION I—COST \$175

8:30AM—10:15AM

FOR HIGH SCHOOL MALE
ATHLETES

SESSION II—COST \$150

10:30AM—12:00

FOR HIGH SCHOOL FEMALE
ATHLETES AND JUNIOR HIGH
ATHLETES

*NO MATTER WHAT
SPORT YOU PLAY YOU WILL
BENEFIT FROM THE ABILITY
TO JUMP HIGHER, RUN
FASTER AND REDUCE THE
RISK OF INJURY.*

DURING THIS CAMP THE FOLLOWING AREAS WILL BE DEVELOPED:

- MUSCULAR STRENGTH
- MUSCULAR ENDURANCE
- LINEAR SPEED
- AGILITY
- SPEED ENDURANCE
- POWER
- FLEXIBILITY
- QUICKNESS
- PROPER TECHNIQUE
- CHAMPIONSHIP
CHARACTER
- GOAL SETTING
- MENTAL TOUGHNESS
- NUTRITION AND
RECOVERY
- NIKE SPARQ RATING



2010 STRENGTH & CONDITIONING CAMP

*Take your training to the
next level starting
June 7th, 2010*

(972)467-0445

coachjburk@sbcglobal.net

www.coachjburk.com

TESTIMONIALS

James Burk and I worked together at the D-1 collegiate level. Coach Burk is an influential mentor and role model for athletes. Not only is he a dynamic motivator and an excellent teacher, he is also a progressive minded, highly informed and conscientious strength and conditioning coach. He is a man of high morals and high demand that will make you better.

**Rusty Whitt, M.Ed. CSCS
Rice University
Assistant Strength/Conditioning
Coach**

"I have known James Burk for over 15 years and I have trained with him for over 3 of those years. Without any hesitation, I can recommend training with James. Coach Burk is highly motivated, very driven and of the highest character. He is extremely knowledgeable and passionate about training athletes. Coach Burk is a great teacher and is always looking to advance his own education for the benefit of his athletes. James is a coach who walks the walk."

Kyle Speer, Head Strength and Conditioning Coach – Sam Houston State University, 2006 Strength and Conditioning Coach of the Year by American Football

REGISTRATION

ATHLETES NAME:

GRADE:

SPORT(S):

SESSION (CIRCLE I OR II)
I - HIGH SCHOOL MALE

II—HIGH SCHOOL FEMALE OR
JUNIOR HIGH

EMAIL ADDRESS:

PARENTS PHONE:

ATHLETES PHONE:

ADDRESS:

• CHECKS MADE OUT TO:
COACHJBURK
CAN TURN INTO JP11 ATHLETIC OFFICE
OR MAIL TO
COACH BURK, 9304 NORTHPOINT DR,
DALLAS TX 75238

• CAN ALSO PAY ONLINE AT
WWW.COACHJBURK.COM

TESTIMONIALS:

"Coach Burk is one of the best strength and conditioning coaches I have been trained by in my high school and college football careers. His instruction helped prepare me to become a division 1 football player and he is one of the primary reasons I received full athletic scholarship to Purdue University for football. If you are serious about taking your game to the next level, Coach Burk can get you there."

**Ryan Prater, Purdue Offensive
Tackle**

Coach Burk changed my entire career. His advanced training techniques allowed me to enter college football years ahead of my competitors. Training with Coach Burk in high school made it possible for me to focus on strength gains and muscle conditioning while other players had to spend their first year of college learning the advanced lifts and techniques. I fully endorse Coach Burk's training program and recommend them to every high school football player looking to take their careers to the college level.

Trey Simeone, 2 Time All Conference Tight End at Abilene Christian University