



Welcome to Missing Element's Football Factory Position Training Program



We have designed this program for serious athletes of all ages who have aspirations of playing in college or beyond. Our Bundle Packages will give each client ***12 Athletic Development Sessions & A Chosen Amount of Group Position Sessions within a monthly period.*** As former collegiate & NFL athletes, our coaches have come together to provide our clients with a system that exposes parents and student-athletes to the proper steps required to not only excel as a student-athlete, but also help parents and families support the athlete's campaign to increase the value of their personal brand. This program will allow the athlete to truly understand and control their NAME, IMAGE & LIKENESS while also providing the needed guidance, structure, consistency, and accountability required to meet their goals.

Below you will find the steps to register, and cost required to begin your journey:

[CLICK HERE For FREE EVALUATION SESSION](#)

1. Program Insights and Player/Parent Commitment

- Program Info. & Expectations (Zoom/In Person Orientation 30 mins max.)
- Mandatory Player/Parent Commitment [CLICK HERE](#)
- Student Athlete's Goals. Whys. Habits. Sacrifices. (In Person)

2. Payments and Waivers

- Term Contract for Payments (ACH BANK DRAFTS ONLY): [CLICK HERE](#)
- Cash Payment Option with Month-to-Month Only
- Link for Participation Waiver: [CLICK HERE](#)

The graphic displays three package options for Athletic Development + Position Packages. Each package includes 12 Athletic Development Sessions and 6 Position Sessions. The packages are categorized by contract length: NO CONTRACT, 12 WEEK CONTRACT, and 24 WEEK CONTRACT. The 12-week and 24-week contracts include a 20% discount. The prices are listed for both 6 and 8 position sessions, and the number of payment cycles is specified for each.

| Package | Contract Length | Discount | 12 Athletic Development Sessions | 6 Position Sessions | 8 Position Sessions | Number of Payment Cycles |
|------------------|------------------|---------------|----------------------------------|---------------------|---------------------|--------------------------|
| NO CONTRACT | NO CONTRACT | 0% | 12 Athletic Development Sessions | \$420 | \$470 | 0 |
| 12 WEEK CONTRACT | 12 WEEK CONTRACT | 20% DISCOUNTS | 12 Athletic Development Sessions | \$375 | \$425 | 3 |
| 24 WEEK CONTRACT | 24 WEEK CONTRACT | 20% DISCOUNTS | 12 Athletic Development Sessions | \$360 | \$410 | 6 |

3. ONBOARDING TASKLIST

- Download [TELEGRAM APP](#) for position group communications, scheduling, event announcements, Training videos, Etc.
- Schedule Physical & Mental Test (Combine & Position I.Q. timed test) (Call Your Coach) (We have weekly testing)

4. YEARLY INFO/RESOURCES

- Seasonal Sports Preparation Calendar
- Spring Combine List

- Summer College Camp List



At Missing Element Sports Performance and Fitness, we prepare youth, middle school, and high school underclassmen athletes for next-level football through structured and prioritized training. With the evolving college recruiting landscape, this plan ensures early and complete athletic development in a balanced, year-round format.

| | | |
|---|--|---|
| <p>January (Phase 1: Offseason Foundation)</p> <ul style="list-style-type: none"> • Strength & Conditioning: 3x/week (full-body strength, injury prevention) • Speed & Agility: 2x/week (acceleration, deceleration, and footwork) • Position-Specific Training: 2x/week (fundamentals, film study) • Football IQ Classes: 1x/week (chalk talk, situational understanding) • 7v7 / Skill Camps: Encourage competition and exposure (as appropriate) • Track & Field Prep • Recovery Protocol: Mobility work, foam rolling, sleep and nutrition education | <p>February (Phase 1: Offseason Foundation)</p> <ul style="list-style-type: none"> • Strength & Conditioning: 3x/week (full-body strength, injury prevention) • Speed & Agility: 2x/week (acceleration, deceleration, and footwork) • Position-Specific Training: 2x/week (fundamentals, film study) • Football IQ Classes: 1x/week (chalk talk, situational understanding) • 7v7 / Skill Camps: Encourage competition and exposure (as appropriate) • Track & Field Prep • Recovery Protocol: Mobility work, foam rolling, sleep and nutrition education | <p>March (Phase 1: Offseason Foundation)</p> <ul style="list-style-type: none"> • Strength & Conditioning: 3x/week (full-body strength, injury prevention) • Speed & Agility: 2x/week (acceleration, deceleration, and footwork) • Position-Specific Training: 2x/week (fundamentals, film study) • Football IQ Classes: 1x/week (chalk talk, situational understanding) • 7v7 / Skill Camps: Encourage competition and exposure (as appropriate) • Track & Field Prep • Recovery Protocol: Mobility work, foam rolling, sleep and nutrition education |
| <p>April (Phase 2: Spring Prep & Skill Development)</p> <ul style="list-style-type: none"> • Strength Maintenance & Power: 2-3x/week (explosiveness, mobility) • Speed & Sprint Mechanics: 2x/week (top-end speed, starts) • 7v7 / Skill Camps: Encourage competition and exposure (as appropriate) • Position-Specific Drills: 2x/week (footwork, technique) • Football IQ Classes: Continue weekly • Recovery: Cold tub, stretching circuits, breathing techniques | <p>May (Phase 2: Spring Prep & Skill Development)</p> <ul style="list-style-type: none"> • Strength Maintenance & Power: 2-3x/week (explosiveness, mobility) • Speed & Sprint Mechanics: 2x/week (top-end speed, starts) • Skill Camps: Encourage competition and exposure (as appropriate) • Position-Specific Drills: 2x/week (footwork, technique) • Football IQ Classes: Continue weekly • Recovery: Cold tub, stretching circuits, breathing techniques | <p>June (Phase 3: Preseason Performance Training)</p> <ul style="list-style-type: none"> • Conditioning & Game Speed: 2x/week (intervals, tempo runs) • Position Training: 2-3x/week (high intensity, low volume) • Weight Training: 2x/week (functional strength) • Tackling & Contact Prep: 1x/week (safe technique) • Football IQ: Continue weekly • Recovery: Deep tissue, hydration focus, flexibility emphasis |
| <p>July (Phase 3: Preseason Performance Training)</p> <ul style="list-style-type: none"> • Conditioning & Game Speed: 2x/week (intervals, tempo runs) • Position Training: 2-3x/week (high intensity, low volume) • Weight Training: 2x/week (functional strength) • Tackling & Contact Prep: 1x/week (safe technique) • Football IQ: Continue weekly • Recovery: Deep tissue, hydration focus, flexibility emphasis | <p>August (Phase 4: In-Season Support)</p> <ul style="list-style-type: none"> • In-Season Lifting: 1-2x/week (low volume, high quality) • Position Training: 1x/week (detail refinement) • Speed & Movement: 1x/week (light tempo, mechanics check-in) • Game Film Sessions / IQ: 1x/week (evaluate, learn, adapt) • Recovery: Massage, joint care, light mobility sessions after games | <p>September (Phase 4: In-Season Support)</p> <ul style="list-style-type: none"> • In-Season Lifting: 1-2x/week (low volume, high quality) • Position Training: 1x/week (detail refinement) • Speed & Movement: 1x/week (light tempo, mechanics check-in) • Game Film Sessions / IQ: 1x/week (evaluate, learn, adapt) • Recovery: Massage, joint care, light mobility sessions after games |
| <p>October (Phase 4: In-Season Support)</p> <ul style="list-style-type: none"> • In-Season Lifting: 1-2x/week (low volume, high quality) • Position Training: 1x/week (detail refinement) • Speed & Movement: 1x/week (light tempo, mechanics check-in) • Game Film Sessions / IQ: 1x/week (evaluate, learn, adapt) • Recovery: Massage, joint care, light mobility sessions after games | <p>November (Phase 4: In-Season Support)</p> <ul style="list-style-type: none"> • In-Season Lifting: 1-2x/week (low volume, high quality) • Position Training: 1x/week (detail refinement) • Speed & Movement: 1x/week (light tempo, mechanics check-in) • Game Film Sessions / IQ: 1x/week (evaluate, learn, adapt) • Recovery: Massage, joint care, light mobility sessions after games | <p>December (Postseason Recovery)</p> <ul style="list-style-type: none"> • Movement Restoration: Yoga, swimming, light activity • Injury Assessment & Rehab: Individual focus • Goal Setting: 1-on-1 meetings (athlete + parent) • Recruitment Planning: Evaluate film, highlight creation, strategy talk • Football IQ: 1x/week (college-level concepts, leadership focus) • 7v7 Team Building & Recruiting Combine Prep |

Program Goals:

(Maintain Strength & Power – Prevent in-season drop-off with short, efficient workouts.)

- Enhance Speed & Movement Quality – Sharpen mechanics for acceleration, agility, and change of direction.
- Reduce Injury Risk – Mobility work, prehab, and recovery protocols to protect joints and muscles.
- Refine Position Skills – Position-specific drills improve technique and confidence.
- Build Football IQ – Weekly film review and decision-making training to sharpen mental performance via zoom call/in-person on weekends

What's Included:

- Strength & Power Training Sessions/Week – Low volume, high quality lifts to maintain muscle and increase power.
- Speed & Agility Session/Week – Short bursts, reaction drills, and mechanics reinforcement.
- Position Skill Tune-Ups – Targeted drills for positional excellence.
- Recovery & Mobility Work – Guided sessions to restore energy, improve flexibility, and speed healing.
- Game Film & Football IQ Sessions – Learn from real plays, identify opportunities, and make smarter decisions.

Strength/Power Training Schedule:

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|---------------------|---------------------|----------------------------|---------------------|---------------|----------------------------|
| By Appointment Only | 8AM, 4PM, 5PM & 6PM | 8AM, 4PM, 5PM & 6PM | By Appointment Only | 8AM, 4PM, 5PM & 6PM | 8AM, 4PM, 5PM | By Appointment Only |

How to BOOST YOUR RECRUITING.

Scouting Combine Schedule

BELOW!

College Can Be Free—If the Proper Steps Are Taken

For most families, the goal is simple: earn opportunities that make college affordable—or even free. Athletes can open those doors by taking the right steps.

1. Exposure Matters

Camps and showcases are critical. They build an athlete's reputation and put them on the radar of college recruiters. The truth is: if a college doesn't know your child exists, they cannot recruit them.

2. Preparation Over Representation

Too many athletes rely on team names, affiliations, or someone else to get them noticed. But without preparation, athletes remain just another number. What separates recruits is their readiness—their ability to step into a showcase and perform with confidence.

3. Make a Name

Success in recruiting comes from showing up prepared, performing under pressure, and proving you can compete. This is where athletes transform from being “a number” into being “a name.”

Recruitment Boosting Camps – Winter & Spring Opportunities

Each year, some of the most important recruitment boosting camps take place during the winter and spring seasons. These events serve as a stage for athletes to showcase their skills in front of recruiters and evaluators who are constantly searching for the next standout player.

Key Points to Know:

- **Nomination & Game Film:** Many of these camps require an athlete to be nominated and may ask for game film from the previous season before sending an official invite.
- **Open Access Events:** Some camps are open to most athletes, but performance is still the separator. Every rep matters.

- High-Level Performance Required: Athletes must be prepared to compete at their peak, as standout performances often lead to:
 - Post-camp interviews
 - Social media features by camp organizers and recruiters
 - Increased visibility and recognition

Why This Timeline Matters:

The winter and spring calendar must be treated as a preparation window. Athletes who are not physically and mentally prepared before camp season often miss out on opportunities simply because they aren't ready to perform at a recruitable level when it matters most.

What Parents & Athletes Should Do:

1. Note the Dates Early – Camps start as early as January/February and run through spring.
2. Prepare Ahead of Time – Conditioning, skill development, and film review should begin during or immediately after the fall season to sharpen strengths and clean up weaknesses.
3. Showcase Mental Readiness – Recruiters look for leadership, effort, and body language just as much as raw talent.
4. Treat Every Camp Like a Tryout – Your athlete is not just participating; they are competing for recognition and future opportunities.

| Event Name | Location | Date | Cost | Grade Level |
|---|---------------------|--------------------|-------------|---------------------------|
| Navy National Combine | San Antonio, TX | January 8th - 10th | Invite Only | High School |
| Prep Redzone | Houston, TX | January 17th | \$130 | Class of 2026-2029 |
| Prep Redzone | San Antonio | February 8th | \$130 | Class of 2026-2029 |
| SPE Elite Camp | Manvel, TX | January 24th | \$100 | 8-12 |
| VTO Sports All-American Qualifier | CE King HS | February 8th | \$133 | 8-12th |
| Under Armour Next Camp | Dallas, Tx | February 28th | \$154.59 | 6th,7th, 8th graders ONLY |
| Under Armour Combine Tour | New Orleans, LA | March 28th | \$103.75 | 8th-11th |
| Rivals Camps | CE King High School | March 7th | \$50.84 | ??? |
| FBU Showcase | Houston, TX | Feb 15th | \$175 | High School |
| FBU Showcase | Houston, TX | Feb 15th | \$175 | Middle School |
| Recruit Nation | Houston, TX | March 28th | \$169 | ? |
| NXGN Mega Camp | Bryan, TX | March 14th | \$75 | Grades: 6th-12th |
| Next Level Athlete | Invite ONLY | TBD | TBD | TBD |

Another suggestion for parents and student athletes, is to create a list of college camps that you would like to go to. Go to the individual school's website to research football/sports camp dates and camp cost. Begin saving for those camps now so each child who has goals to play beyond high school can

participate.

FALL FOOTBALL

IN-SEASON TRAINING PROGRAM

*Be intentional about improving mentally
& physically as the season goes.*

- Build & Maintain Strength and Power
- 1-2 Weekly Position Sessions
- Weekly Football IQ Zoom Meetings
- Get faster now w/speed development
- Recovery mobility and stretch class



**DON'T WAIT
TO BE GREAT**

Here we understand that a successful football season isn't just about what happens under the lights on Friday night—it's about how you prepare, recover, and maintain peak performance week after week.

Our In-Season Football Training Program is specifically designed for youth, middle school, and high school athletes who want to stay strong, explosive, and injury-free while competing during the season. This program bridges the gap between games, keeping athletes game-ready, & consistently developing, without overtraining.