

# **RICHARD SAMUEL**

## **PERFORMANCE TRAINING**

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**WWW.SAMUELPERFORMANCE.COM**

At Richard Samuel Performance Training we are dedicated to the athlete as a whole. Our passion is to teach and train our athletes to become completely well-rounded physically and mentally. We provide the tools necessary to help sharpen and perfect your skill set. Within our training we will educate on the physical aspect of the sport, along with life lessons and adversity that any athlete could encounter on their individual journey.

# **#RSPT**

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## **ABOUT RICHARD SAMUEL:**

As a 16 year old, Richard Samuel, being a highly recruited, highly ranked D1 prospect in football, signed his letter of intent and enrolled at the University of Georgia on an athletic scholarship. While attending UGA, Richard earned a Bachelor's Degree in Education, majoring in Sports Management. Although the former three year starting running back had several highlights during his career, his fondest memory came in 2011 when he scored the game winning touchdown to defeat SEC rival, the Florida Gators. Prior to attending UGA, Richard attended Cass High School.

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**ATHENS-ATLANTA**

**SamuelPerformance@gmail.com**

**706-515-5451**

**#RSPT**

**770-547-7675**

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**@SAMUELTRAINING**



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# PROGRAMS

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ONE-ON-ONE



Are you looking to take your skills to the next level? With tailored made workouts, you will learn the fundamental skills needed to help you get more playing time and/or get the starting position that you want. No matter what your skill level, talent can only take you so far. What keeps you on top is continuous work and perfection of the skill/craft that got you where you are today

We will train to insure each athlete is pushed to their limits. Our program will demand more from you than you knew you had within yourself. With the combination of weight training and speed & agility, you will overcome obstacles and gain new ground. Throughout our program, you will become mentally and physically stronger to become the athlete you aspire to be.



Elevate is a Performance Training program we have developed for use in a gym atmosphere. Elevate is great for all ages and fitness levels. It will teach you the basic fundamentals needed to succeed as an athlete. Also, a portion of this program is designed for non-athletes that would like to get active and lead a healthier lifestyle.



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## CAMPS, CLINICS & TRAINING:      MARKETING & APPEARANCE:

- |                     |                        |                         |                |
|---------------------|------------------------|-------------------------|----------------|
| - RUNNING BACK      | - DEFENSE              | - MOTIVATIONAL SPEAKING | - ENDORSEMENTS |
| - LINEBACKER        | - YOUTH                | - SIGNINGS              | - MEET & GREET |
| - OFFENSE           | - SPEED & AGILITY      | - CHARITY EVENTS        | - RADIO        |
| - WEIGHT TRAINING   | - RUNNING FUNDAMENTALS | - TELEVISION            | - FUNDRAISERS  |
| - PERSONAL TRAINING | - PRIVATE TRAINING     | - PRIVATE EVENTS        | - MENTORING    |
| - COMBINE           | - EVALUATION           | - ONLINE MARKETING      | - SOCIAL MEDIA |

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