



**CHARTER JAGUARS PRESENTS:**  
**2014 – 2015**  
**PERFORMANCE ENHANCEMENT**  
**FOR ALL MALE AND FEMALE ATHLETES**  
**6<sup>TH</sup> GRADE AND OLDER**

**EIGHT (8) WEEK SUMMER SESSION:**  
**JUNE 9<sup>TH</sup> – AUGUST 8<sup>TH</sup> (OFF JULY 28<sup>TH</sup> – AUGUST 1<sup>ST</sup>)**

**HIGH SCHOOL/COLLEGE FOOTBALL:**

MONDAY-FRIDAY 8:00 A.M. – 10:00 A.M.

**HIGH SCHOOL/COLLEGE OLYMPIC SPORTS:**

MONDAY-FRIDAY 10:00 A.M. – 12:00 P.M.

**MIDDLE SCHOOL FOOTBALL:**

MONDAY-FRIDAY 2:00 P.M. – 3:30 P.M.

**MIDDLE SCHOOL OLYMPIC SPORTS:**

MONDAY-FRIDAY 3:30 P.M. – 5:00 P.M.

**PARENTS AND TEACHERS:**

MONDAY-FRIDAY 5:00 P.M. – 6:00 P.M.

**CHARTER SCHOOL STUDENTS, ALUMNI, PARENTS, FACULTY AND STAFF**  
**\$100 FOR SUMMER TRAINING SESSION**  
**NON CHARTER SCHOOL STUDENTS, ALUMNI, PARENTS, FACULTY AND STAFF**  
**\$200 FOR SUMMER TRAINING SESSION**



**TWELVE (12) WEEK FALL SESSION:**

**AUGUST 25<sup>TH</sup> – NOVEMBER 13<sup>TH</sup>**

**TWELVE (12) WEEK WINTER SESSION:**

**NOVEMBER 17<sup>TH</sup> – MARCH 5<sup>TH</sup>**

**ELEVEN (11) WEEK SPRING SESSION:**

**MARCH 10<sup>TH</sup> – MAY 28<sup>TH</sup>**

**HIGH SCHOOL STUDENTS: MONDAY, WEDNESDAY, THURSDAY**  
**3:15 P.M. – 5:15 P.M.**

**MIDDLE SCHOOL STUDENTS: MONDAY, WEDNESDAY, THURSDAY**  
**4:30 P.M. – 6:00 P.M.**

**PARENTS AND TEACHERS: MONDAY, WEDNESDAY, THURSDAY**  
**5:00 P.M. – 6:00 P.M.**

**CHARTER HIGH SCHOOL STUDENTS**

FREE FOR EACH FALL, WINTER, SPRING TRAINING SESSION

**CHARTER HIGH SCHOOL ALUMNI**

\$100 FOR EACH FALL, WINTER, SPRING TRAINING SESSION

**CHARTER MIDDLE SCHOOL STUDENTS**

\$100 FOR EACH FALL, WINTER, SPRING TRAINING SESSION

**NON CHARTER MIDDLE / HIGH SCHOOL STUDENTS AND ALUMNI**

\$200 FOR EACH FALL, WINTER, SPRING TRAINING SESSION

- CERTIFIED AND INSURED
- CERTIFIED STRENGTH AND CONDITIONING SPECIALIST, AND EDUCATORS
- SCIENTIFICALLY BASED PROGRAMS
- AGE / SPORT APPROPRIATE STRENGTH TRAINING, INJURY PREVENTION, ACTIVE RECOVERY
- SPEED, AGILITY, CONDITIONING

**UNDER THE DIRECTION OF:**

**COACH LYNDON J. BELL, CSCS**

954-850-9055

[lbell@pinescharter.net](mailto:lbell@pinescharter.net)



Coach Lyndon J. Bell currently serves as the Head Strength and Conditioning coach for Pembroke Pines Charter High School. Before his arrival at PPCHS, Coach Bell worked as a Performance Enhancement Coach at Perfect Competition Athletic Development in Davie, Florida. There he was entrusted with the development of several professional athletes such as Fred Taylor, Manny Ramirez, and Keyon Dooling. He also worked with several local collegiate, high school, and middle school athletes. Before his time at PC, Coach Bell coached at the University of Miami where he assisted the Strength and Conditioning staff with the training of varsity student-athletes, including football and rowing. Prior to that, he spent three years at Florida Atlantic University as a Track and Field Coach and as a Strength and Conditioning Coach. Coach Bell's term at FAU began in June of 2001 with his primary focus being conditioning and speed development. His position also included assisting the women's Track and Field program. By the end of the year he was charged with overseeing the conditioning station for the 2001 NCAA Youth Education through Sports clinic for football players conducted in conjunction with the Orange Bowl. He was also a Speed improvement presenter at the FAU Football Strength and Conditioning Clinic for local high school coaches. In May of 2002, Coach Bell was named Head Strength and Conditioning Coach, a post he held until the spring of 2004. The highlights of his tenure at FAU were the development of the 2003 softball and football teams. The 2003 Lady Owls finished the season with a record of 44-28, won its seventh consecutive conference championship, and went on to defeat host University of Florida during the NCAA regional play. In only their third year of competition, the 2003 Fighting Owl football team was 11-3, went on the road to defeat a Division I-A football team, won 10 consecutive games, won two playoff games, played in a national semi-final, and finished the year ranked fourth in final rankings of Division I-AA football. Coach Bell's passion for the Strength and Conditioning began in high school where he was a standout athlete at Santa Fe Catholic High School in Lakeland, Florida. There he ran track and played football and basketball. His efforts earned him a scholarship to NCAA Division II Presbyterian College in Clinton, South Carolina in 1993. There he played football from 1993 to 1997 and ran track in 1994 before graduating in the summer of 1998. Coach Bell is certified through the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist. He is also certified by the YMCA of the USA as a Personal Trainer, Principles of Health and Fitness Instructor, and Fitness Specialist and has done several instructional speaking engagements. He has also been certified in several areas by the American Red Cross.