

PRESENTS

DFW HS ATHLETE OF THE MONTH

Stephen Hopkins, RB

SCHOOL: Marcus High School

HONORS

- 2008 Texas 6-5A Offensive MVP
- 2008 Texas 6-5A First Team Running Back
- 2007 Texas 6-5A Offensive Sophomore of the Year
- 2007 Texas 6-5A First Team Running Back
- 3 Season Marcus High School Varsity Statistics:
3596 Rushing Yards, 41 TDs

DESTINATION:

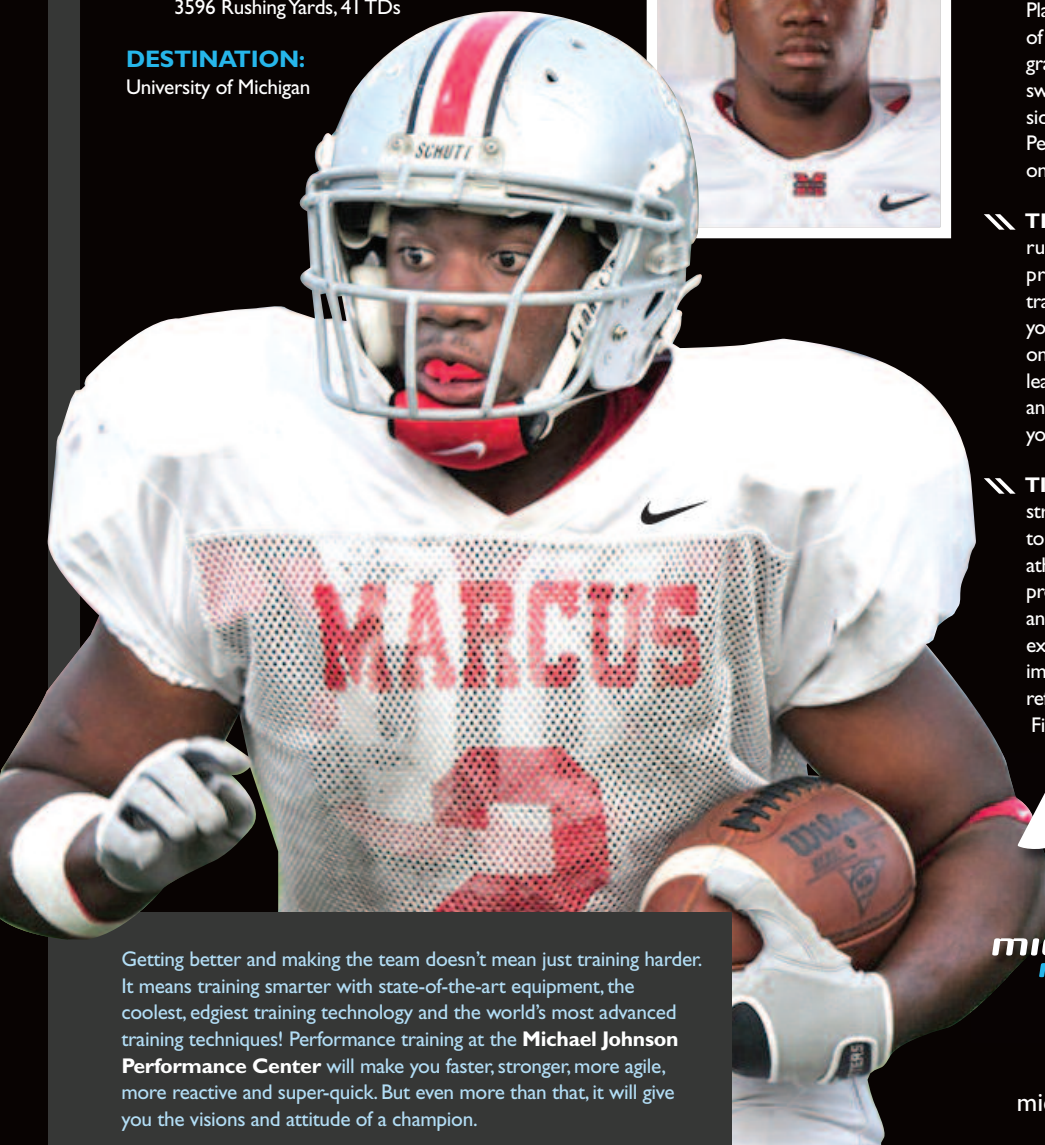
University of Michigan

3-WEEK PRE-SEASON TRAINING IMPROVEMENT

Vertical Jump: 8%

Pro Agility Drill: 7%

10 Yard Acceleration: 6%



MJP TRAINING TIPS

- \\ **TIP #1:** Break more tackles downfield this year by increasing split-stance stability in your torso using the MJP Landmine Rotations. Place one end of a 45-lb barbell in the corner of the weightroom and using a split-stance grasp the other end with both hands. Try to swing the end of the barbell violently side-to-side without losing balance with your feet. Perform as many reps as possible in 15 seconds; repeat 3 times.
- \\ **TIP #2:** Ankle injuries are common in running backs and most are highly preventable. Stay on the field and out of the training room by evaluating and improving your ankle mobility-to-stability ratio. Contact one of the Performance Specialists at MJP to learn more about how the Overhead Squat and Y-Balance Tests can show you exactly what your ankles need to stay healthy this season.
- \\ **TIP #3:** Learn to fuel your body for a stronger second half by adding some protein to your halftime hydration strategy. MJP athletes are trained to use a mixture of protein and carbohydrate when refueling and rehydrating between bouts of intense exercise. A 1:2 ratio seems to work best at improving hydration, but more importantly refilling the gas tanks on working muscles. Fill-up for a strongfinish!

Getting better and making the team doesn't mean just training harder. It means training smarter with state-of-the-art equipment, the coolest, edgiest training technology and the world's most advanced training techniques! Performance training at the **Michael Johnson Performance Center** will make you faster, stronger, more agile, more reactive and super-quick. But even more than that, it will give you the visions and attitude of a champion.



**MICHAEL JOHNSON
PERFORMANCE**

The future of training is here.

469-424-6572

michaeljohnsonperformance.com