



Coach Fly is a master of quickness. For over 20 years he has been successfully improving hundreds of athletes in the area of speed and agility with his proven techniques that he himself created and mastered. Coach Fly has been responsible for training over 20 high school state champions in track and field, and over 20 collegiate All-Americans. Not to mention, his 30 plus professional athletes that have profited from his training.

Coach Fly has successfully, with God's grace and years of training and knowledge, has transformed young men and women into amazing athletes.

What Makes O.Y.M So Different?

There are many programs out there that can improve your strength in certain areas. However, our goal is to transform the total athlete not only physically, but mentally. A transformation has to take place with the athlete's mind, body, and spirit in order for them to reach their top potential. Teaching young individuals how to think like an athlete on and off the playing field is one of the program's strongest quality. Because of this, parents have seen their kids greatly improve physically and mentally. The athlete must develop a certain mentality on the field, in the classroom, and at their home.

Tremendous support is given to all athletes by:

- Attendance at their games to critique how they handle time situation and their work ethic; and most importantly
- Develop a teaching relationship with the athlete that can last forever.

Many athletes continue to train for me for years after their initial work session.

Results Guaranteed!

During the last 20+ years of training, the program has never failed to improve an athlete that comes on a consistent basis. There has been a 100% success ratio in every area of training.



Coach Fly's State & National Champions

- Hosia Abdulah - TCU Track & Field All American, member of national record setting 4 x 100 relay, State 100 meter
- Clarence Fitzgerald - 200 m State, High School Track & Field Athlete of the Year
- Roy "Robot" Martin - Olympian, High School National Record 200 m
- B.J. Ward - 4 x 1 Relay / 200 Meters
- Collin McAfee - State Track
- Jared Huckabee - 110 & 300 Hurdles State Champion
- Kendrick Turner - 4 x 1 Relay
- Henry Washington - 4 x 1 Relay
- Chris Pinnock - 110 m Hurdles
- Ricky Madison - 4 x 1 Relay
- Kimpton Coleman - Long Jump
- Josh Huckabee - All State Football
- Derrick Jones - All State Football
- James Cole - All State Football, All State Track
- Caleb Reed - All State Football, All State Track
- Braxton Adamson - All Area Basketball
- Cole Wardell - All State Football
- Colby Jones - All State / 2x All American Football, All State Track
- Kevin Prater - All State Football
- Doyle Jones - 200 m State
- Monica Davenport - 4x State 4 x 100 relay, 4 x 400 relay, 100 m, 200 m
- Stacy Milligan - 3x State 4 x 100 relay, 4 x 400 relay, 200 m
- Kim Walker - State 200 m and 4 x 200 relay, Collegiate National 4 x 400 relay and 200 m
- Sharonda Blanton - State 4 x 100 relay, 200 m
- Tonya Lawson - State 4 x 100 relay
- Kim Patterson - Track & Field State
- Jonica Crowder - Track & Field State
- Bobby Johnson - 2x State 100 m
- Shedrick Fields - State Long Jump
- Danny McCray - State 400 m
- Ronald Jones - DISD Defensive Player of the Year, All Area
- Olivia Coats - All State Basketball
- Shelby Adamson - State Basketball
- Cyera Hintzen - Soccer National
- Myka deMarco - USYSA National Soccer Champion
- Carson Brooks - Freshman of the Year All District Basketball
- Melvin (Skeeter) Smith - 110 m Hurdles State Track
- Michael Thomas - 110 m Hurdles State Track
- Keykowa Bell - All American Track 4 x 1 / 4 x 4
- Shamron Turner - All American Track 4 x 1 / 4 x 4
- Chris Clay - State 100m - 200m / 4x100 relay
- John Donahoe - 100 Hurdles State Champions
- Kendial Lawrence - 2x First Team All State Running Back, First Team All-American
- Michael Bullock - State Track Champion
- Simone Franklin - State Track Champion
- Steven Salters - 2 Time State Champ Shot-Put / 1 Time Discus

Testimonies

Clifford Jefferson

Four year starter at University of Notre Dame
 "Since training at 'OYM', my work ethics have intensified. I physically see improvements in my speed and explosive power in my running ability, Thanks to Coach Fly."

John Barnes

University of Arkansas, Pine Bluff
 "My whole outlook on mechanics and technique are better due to conditioning and training with 'OYM'. My forty speed has increased from 4.5 to 4.38. I was so impressed, I brought two other athletes with me from Arkansas to train. Thanks Coach Fly."

Kenneth Hilliard

Three year starter at Texas Christian University
 "I'm a senior this year at TCU where I will be a 3-year starter. I leave practice at TCU to work with 'OYM'. I have gotten faster, quicker, and technique sound. Practice at TCU is easy now after working out with 'OYM'. Thanks Coach Fly."

Terrance Blackwell

Southern University
 "I came to Texas for one reason - to work with 'OYM'. It has improved my entire skills. I'm faster; my mechanics are outstanding; and my endurance is the best it has ever been. This has been the most intense program I have ever been in. I have run my faster forty ever - 4.26. Thanks Coach Fly."

Emmanuel Ajodo II (Emmo)

Paul Quinn College
 "I have been working with 'OYM' for eight months. I can see my forty times drop, and my foot work is almost amazing. Since training here, my confidence has boosted 120%."

Jody Owens

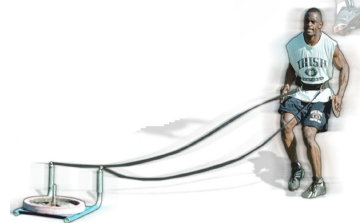
Montana State, First Team All American as a 4 year starter

There are so many more to tell you about. Visit Coach Fly and see for yourself!



Coach Fly's State & National Champions

- Rodney Flannigan - Track State Champ
- Joe Thomas - Football All State
- Cory Wyatt - Track State Champion
- Rishard Stafford - Track State Champ
- Ryan Mosby - Football All State
- Austin Woods - Football All State
- George Bamfo - Football All State
- Austin Moss - Football All State
- Everet Gilbert - Football All State
- Payden McBee - All State! "I'm now in the Air Force playing Football because of Coach Fly!"
- Alyssa Lang - Basketball All State
- Ryan Long - Football All State
- Javon Hernandez - All State Baseball, 4A State Tournament MVP 2012
- Spencer Edwards - All State Baseball, Sophomore of the year in Football
- More to come with God's Favor and Blessings...



You can find Coach Fly at the R.I.S.E.
2922 South Highway 205
Rockwall, TX 75032

Contact Coach Fly at **214-789-0065**
 or
russell_flannigan@yahoo.com

www.OnYourMarkTraining.com

"Spell CAN'T and CAN will show up first...so let's go to work!"



Coach Fly quotes: *"Its hurts to be good."*; *"Every pain is not an injury."*; *"If you want to get better, do better."*

College-High School-Youth Athletes



Faith, Vision, Dedication and Coach Fly's
Intense Speed & Conditioning Training
can make your dreams come true!



Coach Russell "Fly" Flannigan
Coach / Trainer / Motivator

- Nicknamed "FLY" because of his talent for running.
- Coaches many state and national champions in track & field. Most have become All-Americans in college.
- Trains at many summer camps for:
 - ♦ Bill Bates
 - ♦ Emmitt Smith/Dexter Coakley
 - ♦ Offense/Defense
 - ♦ World Gym
 - ♦ Kenoy Kennedy
 - ♦ Triangle Passage Foundation
 - ♦ Coach "Fly" Speed and Conditioning Camp
 - ♦ International Sports Performance
 - ♦ Tommy Lovelace Need For Speed

If you are committed to results, 'OYM' will be committed to you.

GUARANTEED RESULTS!