



COGI ATHLETICS, INC.

135 N. Stevens St.

Thomasville, GA 31792

(229)226-2220

pdc1@rose.net

Next Level News, March 2011

FROM THE HEAD COACH...



If you really want to max-out on your training, one of the best things a person can do is to have a training partner. A training partner is an accountability partner. He or she is the person that we allow to hold us

accountable to our goals and commitments. When things get tough, this is the person that reminds us of commitments that we made before the going got tough.

Not allowing ourselves to be accountable to someone opens the door for us to slack off, to cheat ourselves and to avoid necessary confrontations and challenges. We need people in our lives that will not just be



nice to us. We need people who will love us by not allowing us to settle for anything less than our best effort all the time. We need someone to keep us sharp!
-Coach Danny Copeland



Proverbs 27:17 says, "As iron sharpens iron so one man (or woman) sharpens another." If you are not in position to hire a trainer, join a boot camp or find someone with similar goals to be your training partner. Get yourself a piece of iron to help keep you sharp!

Introducing COGI Bucks

Now You Can Earn COGI Bucks to be Redeemed for COGI Apparel!

Refer a friend Compete in COGI AND MUCH
Break a Record Athlete of the Week MORE!!
College Signee Most Improved in Age Group

For More Details, Give us a Call

Watch for COGI ATHLETICS on Varsity Sports X-TRA!



Coach Danny explains the 5 Keys to the Perfect 40 in the "Training Room Segment" on Varsity Sports X-TRA.

First segment airs Saturday, March 12th at 9:00 a.m. on Channels FOX 31, WMGR 22, and CNS 9

Welcome to the NEXT LEVEL!

Kutter Harrison	Charles Renaud	Donna Dixon
Chase Harrison	Andrea Bentley	Joe Porter
Gina Collinsworth	Tilda Brimm	Nat Higdon
Matt McCaskill	Cassie Hudson	Travis Bryant
Kasie Singletary	Amber Childs	Katrina Moring
Janet McCaskill	Kevin & Raina Cauley	

Congratulations To Our College Signees!!

All of us at COGI Athletics are so proud!

Trey Bryant signed with Falkner

Ray Drew signed with UGA

Toby Eaton signed with Georgia Southern

Chris Howell signed with Valdosta State

Layne McDerman signed with Santa Fe College

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you a hope and a future." Jeremiah 29:11

Discipline yourself for godliness. Physical training has some value; however godliness has value for all things, holding promise for both the present life and the life to come. 1 Timothy 4:7b-8



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COGI Athletic Challenge

Sponsored by:



A collection of nine challenging drills and exercises from the NFL, US MILITARY, and TEAM COGI designed to give you the ultimate total body fitness challenge!

March 12, 2011

Thomasville High School Gym

8:00 a.m.

Cost: \$15.00 (T-shirt Included)

Participants registered after March 2nd are not Guaranteed a T-shirt.

It's YOU versus YOU, but the BEST overall female takes home a TROPHY, and the BEST overall male takes home a TROPHY!

Call (229)226-2220 or Email pdc1@rose.net to Register



CHART Eagles Soar to Tennessee



The CHART Homeschool Eagles Basketball Team along with Coaches Danny Copeland and Lee Russell soared to Tennessee February 22-26. The team competed in the NACA tournament. The experience was a first for the team, and it was made possible by the many COGI Team Members who helped sponsor the team's trip. The Eagles came home with a win and the Best Sportsmanship award. Congratulations, Eagles, on your SUCCESS!

SUPPLEMENT SPOTLIGHT



March Special!!

10% OFF

Next Level Daily Vitamins

Valid: 3/12/11-3/28/11

Next Level Run

Exercise of the Month



In the Next Level Run, place your hands on the floor slightly wider than shoulder width. Lock your arms, keep your back straight and then begin bringing one leg forward in a bent position like Justin's right leg above. You will then switch out legs at a rapid speed. Start out doing this for a minute and gradually work up your time.



SMILE!!

Smiling is a choice that has a direct influence on how you feel.

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