

## TNT?football getting ready for season

The TNT Express football players are starting to get in shape for the 2014 season.

As the Winter Skills Camp wound down, the rest of the TNT CLUB started with their training with PRO-FIT Performance in an effort to enhance their health and fitness. PRO-FIT focuses on warm-up routines, aerobic exercises, nutrition and strength training for all TNT Express players.

Though the March 31 league deadline has come and gone, the club will be signing players up to the May 17 start of the season.

Those who are interested can contact the registrar at [treasurer@tntexpressfootball.com](mailto:treasurer@tntexpressfootball.com)

TNT Express Football is the second smallest center in the 23 clubs in the Ontario Minor Football League, and the only one to enter a team in each of the six age divisions.

For more information, got to [www.tntexpressfootball.com](http://www.tntexpressfootball.com)