



PACT PERFORMANCE

**Pact Performance athletes trained
1,000+**

175 PP athletes All Conference teams

**Hundreds of PP athletes have played
college football (FBS, FCS, D2, D3)**

3 Gatorade players of the Year MA/NH



HARD WORK WORKS

ABOUT US

We work with middle school, high school and college athletes to prepare physically & mentally for the next level. This includes on-field training to improve speed, agility, quickness and skill specifics, while improving mental toughness and self-belief. We train athletes year-round and focus on the full player development for all positions. We are highly skilled in Strength and Conditioning as well as developing athletes on the field during the off-season. We are involved in major college showcases and we help our athletes get recruited for the next level of football.

PROGRAMS FOR ATHLETES OF ALL AGES

- ✔ Winter, Spring & Summer Football Training Programs
- ✔ Position-Specific Small Group Sessions
- ✔ Speed School
- ✔ Strength & Conditioning
- ✔ Skills & Drills Programs
- ✔ Youth Football Training Programs
- ✔ Combine / Showcase

WWW.PACTPERFORMANCE.COM

CONTACT US

 978-806-1651

 @PactPerformance

WINTER

STRENGTH & CONDITIONING PROGRAM

Pact Performance at Evolution Sports Performance Center
540 Main Street, Tewksbury, MA 01876



MIDDLE SCHOOL, HIGH SCHOOL AND COLLEGE ATHLETES

Master your talent this winter with PACT! With 3 sessions per week Pact's program delivers results and educates kids on the proper benefits of Strength and Conditioning for sports Performance. Athletes will be tested during week 1 and again during week 8 in order to display their progress. Athletes measurable will be tracked by the Coaches throughout the program. Upon completion of the program athletes will receive Player Profiles that include measurables, performance, School, class, and position.

AGE & EXPERIENCE SPECIFIC WORKOUT GROUPS

OUR SERVICE

- Strength & Speed
- Explosiveness
- Mobility
- Injury Prevention

LIMITED SPOTS AVAILABLE - 12 ATHLETES PER GROUP



978.806.1651 Coach Fielding



PactPerformance.com



@PactPerformance



pactperformancellc@gmail.com



Pact Performance



REGISTER ON OUR WEBSITE TODAY!

WINTER

SKILLS & DRILLS TRAINING PROGRAM



JOIN NOW

Master your talent this winter with PACT! With 4 position specific programs available, Pact's programs deliver results and educates athletes with the proper skills and drills to enhance sports Performance.

QUALIFIED ELITE COACHES: Former NFL Players, College Level, and Current High School Coordinators with years of experience coaching at top programs in New England.

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Our Athletes Say It Best

Christian Pacheco

Marblehead High / 2024 LB

"I first met Coach Fielding and Mercuri back in December 2022. They reached out to me saying they train elite linebackers and athletes they see something special in. I gave it a try and I never regretted it...if you want to get better and improve your chance to play college ball, I encourage you to work with Pact Performance."

Aidan Williams

Needham HS/Lehigh University

"I started training with Coach Fielding in the spring of 2023 and it helped me elevate my skills as a Linebacker.... [it] is a great mix of high-intensity agility drills that not only help for college camps but also translate to the field. The environment is amazing and everyone is always supporting each other. I became a better player at LBU and I will continue to reach my potential at the college level at Lehigh University. I earned Massachusetts Gatorade player of the year in 2024."

Brian Hnat

James Madison University

"Jay provides high school athletes with elite training that elevates their game and prepares them for the next level. My time with Jay has truly been life-changing. One of my biggest challenges was gaining weight, and when I joined Pact, I put on 20 pounds in under three months. Jay was there every step of the way, texting me daily to keep me accountable and ensure I hit my calorie goals. Without his constant support, I wouldn't have reached that milestone. Jay also played a pivotal role in my recruiting process. He didn't just offer advice—he actively used his network to connect me with college coaches."

Preston Zinter

Notre Dame

"His commitment to his athletes is unmatched, as I personally experienced when I transitioned to playing linebacker at Central Catholic. Having never played the position before, I faced a steep learning curve, but Coach Fielding went above and beyond to help me develop. He took extra time after practice and met with me weekly during the summer to refine my technique and elevate my game. His ability to break down drills, exercises, and techniques in a way that resonates with each athlete is one of his greatest strengths. He understands that every player learns differently and tailors his coaching approach accordingly, ensuring that everyone he trains reaches their full potential."



For Coaches resumes,
Click Link Below

[Pact Performance Coaches' Resumes](#)

