

GSM PRIVATE TRAINING

Parent Guide

Everything you need to know before booking a session.

ABOUT COACH BROWN



- 2x British National Champion (UWE, 2024–25)
- Bristol Aztecs, England — Summer 2024 (BAFA)
- Currently playing professional football in Mexico

WHAT'S INCLUDED

- WR / DB Technique — footwork, hip snap, release, press, backpedal
- Route Running — precision, timing, separation
- Hands & Catching — contested catches, tracking, ball skills
- Film Breakdown — recognition, football IQ, self-scouting

SESSION FORMATS & PRICING

1-ON-1

\$55/hr

Full attention, fully customized to your athlete

SEMI-PRIVATE (2)

\$40 each

Shared reps, still highly individualized

SMALL GROUP (3–4)

\$30 each

Position-specific drills, competitive reps

WHAT TO BRING

- Cleats and workout clothes for the weather
- Water bottle
- Gloves, if your athlete uses them

PAYMENT

Payment is due at the time of session (Cash App / Venmo / Zelle — details provided when you book). For recurring weekly sessions, payment can be arranged on a schedule that works for your family.

SCHEDULING

Sessions are scheduled directly with Coach Brown by text (919-670-8151) or Instagram DM (@gmaine_24k). Once a day and time are confirmed, that spot is held for your athlete. If plans change, please give as much notice as possible so the time can go to another athlete.

WHAT A SESSION LOOKS LIKE

- Warm-up and movement prep
- Technique work specific to what your athlete needs most
- Live reps — route running, catching, or coverage drills
- Quick film or breakdown notes when relevant
- Cooldown and takeaways for what to work on before the next session

GETTING STARTED

- 1 Message Coach Brown**
On Instagram (@gmaine_24k) or by text
- 2 Fill out the intake form**
Tap the waiver link below
- 3 Pick a day and time**
Whatever works with your schedule
- 4 Show up ready to work**
That's it — we'll take it from there

SIGN THE ATHLETE WAIVER
form.jotform.com/262291913902053

Questions? DM @gmaine_24k or call/text 919-670-8151