



IMPROVE YOUR
GAME

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



ALTRU FAMILY YMCA **FOOTBALL ACADEMY**

QUARTERBACK LAB

The QB Lab is comprehensively designed to improve QB play for athletes of all skill levels. With drills designed to boost fundamental skills, throwing mechanics, field awareness, and confidence, the QB Lab is a great resource to help quarterbacks improve through the off-season. We will begin by focusing on the “must-have” skills that will give young QBs an edge over the competition. Experienced QBs will polish their fundamentals, and all will progress to develop a more advanced skill-set.

OFFENSIVE PLAYMAKERS CAMP

The Offensive Playmakers Camp is designed to improve athlete’s fundamental ability and become more productive as an offensive skill position player. Although this session is best for athletic tight ends, wide receivers, & running backs, all athletes will become better players, ball carriers, & leaders.

July 17 & 18

QB Lab: 1:00 PM to 2:15 PM

Offensive Playmakers Camp: 2:30 PM to 3:45 PM

July 24 & 25

QB Lab/ Offensive Playmakers Camp Combined:

1:00 PM to 2:15 PM

Ages: Grades 3–8

\$40 per session

\$60 to participate in all sessions



DETAILS

In the upcoming sessions of Football Academy the first two sessions will be separate sessions, QB Lab and Offensive Playmakers Camp. The final two sessions will be combined. Athletes will have to option to attend 4 (2 sessions of QB Lab or Offensive Skills camp and the final two combined sessions) or 6 (all sessions of QB Lab and Offensive Skills camp and the final two combined sessions) sessions.