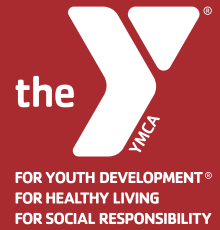




ALTRU FAMILY YMCA

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 & DEFENSIVE LINE CAMP

Offensive & Defensive Linemen will work through drills to develop their skills as blockers and defenders on the “front lines.” Throughout these sessions, our coaches will pay special attention to leadership development & building self-esteem. Big or small, experienced or new, our goal is to develop better players who also feel better about themselves in all areas. Our practices are designed to create better athletes, better teammates, and better leaders.

January 16, 23, 30

QUARTERBACK LAB

Sundays • Mini Gym

1:00-2:15 PM

Gr 2-5 1:00-2:00 pm

Gr 6+ 2:15-3:30 pm

\$30

February 13, 20, 27

OFFENSIVE & DEFENSIVE LINE CAMP

Sundays • Mini Gym

Grade 2-5 1:00-2:00 pm

Grade 6+ 2:15-3:30 pm

\$30



March 6, 13, 20

QUARTERBACK LAB

Sundays • Mini Gym

Grade 2-5 1:00-2:00 pm

Grade 6+ 2:15-3:30 pm

\$30

Contact: Adam Sorum / asorum@gfymca.org

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