




ALTRU FAMILY YMCA 2024

# FOOTBALL ACADEMY



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

..... **ALTRU SPORTS ADVANTAGE**

## YOUTH FOOTBALL CAMP

**May 5, 12, 19**

Grade 2-6  
Sundays • 1:00-2:00 pm / 2:15-3:30 pm

**June 23, 30, July 7**

Grade 2-6  
Sundays • 1:00-2:00 pm / 2:15-3:30 pm

## QUARTERBACK LAB

**July 14, 21, 28**

Grade 4-8  
Sundays • 1:00-2:00 pm

**Youth Football Camps** are for players in grade two through six and are designed to help develop a fundamental foundation for all of the skills needed to be successful at any position.

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 their competition. Experienced QBs will polish their fundamentals, and all will progress to develop a more advanced skill set.




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### FOOTBALL ACADEMY

POSITION SPECIFIC TRAINING FOR YOUNG ATHLETES

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