



# ALTRU FAMILY YMCA FOOTBALL ACADEMY

## ..... ALTRU SPORTS ADVANTAGE APRIL 2026

### ➤ RUNNING BACK CAMP

April 12, 19, 26 • Gr 2-7 • 6:30-7:30 pm

Our Youth RB camp is designed for athletes, grades 2-7, who want to develop the core skills needed to carry the football with confidence. Players will learn running back fundamentals, footwork, vision, and techniques to make defenders miss, while improving balance, agility, and ball security. The camp focuses on giving young ball carriers the tools and confidence to create big plays and score touchdowns.

### ➤ FRONT LINE DL CLINIC

Sunday, April 12 • Gr 8+ • 1:00-2:30 pm

Front Line DL Clinic is designed for athletes, grade 8 and up, who want to develop the core skills needed to play the line with confidence and toughness. Players will learn defensive line fundamentals, hand use, leverage, and block-shedding techniques. The camp focuses on giving defensive linemen the tools and confidence to disrupt plays, defeat blockers, and make impact tackles.

### ➤ WORKHORSE CLINIC & AWARD

Sunday, April 19 • Gr 8-11 • 1:00-2:30 pm

The Workhorse Award, presented by the Grand Forks YMCA Football Academy, is a high-level, running back development training event for 8th - 11th grade athletes who aspire to play college football. This 90-minute clinic features technical on-field training, film review (if applicable), evaluation, recruiting, and placement consultation, and the opportunity to train alongside some of the region's top players. Participation is limited to invited athletes and the first 12 registered players, creating an exclusive and competitive environment focused on development, exposure, and accountability. All participants are added to the Official Workhorse Watch List, recognizing the ball carrier who demonstrates the most impressive performance during the 2026 season.



Led by former UND coach Kyle Myers.

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