


ALTRU FAMILY YMCA 2023

FOOTBALL ACADEMY



the Y
YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

FUNDAMENTALS OF CATCHING CAMP • Nov 15, 29

Catching Camp is for young ball players who want to get better at running routes, receiving passes, and turning short catches into long touchdowns.

Beginner Level 6:00-7:00 pm \$25

ACADEMY ELITE • Sundays - Nov 19, 26, Dec 3

Players will practice the following: vertical jump; 10 yard shuttle; L drill; 10 yard dash; 30 yard dash; broad jump.

Grade 6+ 2:00-3:00 pm \$40

****Combine Pre-testing • Saturday, Nov 18 • 10:00 am • Free****

OFFENSIVE PLAYMAKERS CAMP • Nov 19, 26, Dec 3

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

Grade 3-8 1:00-2:00 pm \$40



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POSITION SPECIFIC TRAINING FOR YOUNG ATHLETES

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