



ALTRU FAMILY YMCA 2024

FOOTBALL ACADEMY

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

February 4, 18, 25
BEGINNER THROWING CAMP

Sundays • 1:00-2:00 pm \$40

February 4, 18, 25
SKILLS CAMP

Sundays • 2:15-3:15 pm
Grades 3-8 \$40

February 7, 14, 21
ELITE GROUP

Wednesdays • 6:00-7:30 pm
Grades 8+ \$40

February 5, 12, 19
ELITE OPTIONAL

Mondays • 7:00-8:15 pm
Grades 8+

Academy Elite is designed for players to get stronger, improve their agility, increase explosiveness, and develop the skills that are most important to be successful. Practices are on Sundays with optional opportunities throughout the week. Players will grow as competitors, leaders, teammates, and will train with some of the best players and coaches in the region.



ALTRU FAMILY YMCA

FOOTBALL ACADEMY

POSITION SPECIFIC TRAINING FOR YOUNG ATHLETES

Contact: Adam Sorum / asorum@gfymca.org
Contact: Kyle Myers / coachmyers2@gmail.com