

## Spring 2022 Youth Football Preseason Prep Camp Spring and Summer 2022

**Monday April 18, 2022 – Thursday June 30, 2022**

**11 Week Camp | 2 Sessions each Week | 22 Training Sessions Total**

The Athlete's Playground 2022 Spring / Summer Football Preseason Prep Camp will help young athletes be prepared and ready for 2022 youth football season this fall. When practice starts this summer, do not blend in with the everyone else who did nothing all summer to prepare by being weak and out of shape. **STAND OUT** and make yourself quicker, stronger, and faster than everyone else.

**Take advantage to your time off this summer to put in some and separate yourself from the rest. The work you put in now will transfer into the performance you put out later**

### Elementary School

There will only be one camp that offered for Elementary School Players (Ages 7-10 years old). The elementary school camp will combine both Skills Players and Power Skills Players.

### High School and Middle School

There will be two (2) Training Camps available for Middle School (Ages 11-13 years old) and High School Players (Ages 14-18) that will separate the Skills Players from the Power Skills Players.

## SKILLS PLAYERS

Training will be designed around quick feet, hip-twitch, speed, agility, multi-directional first-step quickness, acceleration, deceleration, change of direction, vertical jumping development (high-pointing balls). We will also focus on position-specific football knowledge to help further players IQ specific to their position.

### Skills Players Positions

- Wide Receiver
- Running Back
- Defensive Back
- Safety

## POWER SKILLS PLAYERS

Training will be designed around developing a low base and low body position, pass blocking, run blocking, hands combat, pash rush moves, multi-directional first-step quickness with power, explosive training, conditioning, speed, footwork, hip and ankle mobility and flexibility. How to get into a proper stance and explode out of that stance with power. We will also focus on position-specific football knowledge to help further players IQ specific to their position.

### Power Skills Players Positions

- Defensive End
- Linebacker
- Tight End
- Offensive Line and Defensive Line

# PRICING

**Elementary School Program**  
**\$330.00 (\$15.00 per Hour)**  
 Sessions are 60-Minutes in Length

**Middle School Program**  
**\$380.00 (\$15.00 per Hour)**  
 Sessions are 75-Minutes in Length

**High School Program**  
**\$380.00 (\$15.00 per Hour)**  
 Sessions are 75-Minutes in Length

### Payment Arrangements

- Total cost of training can be setup in to (2) two payments.
- The 1<sup>st</sup> payment must be made at the start of the program.
- The 2<sup>nd</sup> payment must be made no later than Saturday May 20, 2022
- Failure to make 2<sup>nd</sup> payment will result in termination from the training program.

# ELEMENTARY SCHOOL PLAYERS

TRAINING AGES 7 – 10

### Training Days and Times

Sessions are 60-Minutes in Length

All Positions: Mondays | Wednesdays 4:00 PM – 5:00 PM

ALL SKILLS

WEEK	MONDAY	WEDNESDAY
#1	Monday April 18, 2022	Wednesday April 20, 2022
#2	Monday April 25, 2022	Wednesday April 27, 2022
#3	Monday May 2, 2022	Wednesday May 4, 2022
#4	Monday May 9, 2022	Wednesday May 11, 2022
#5	Monday May 16, 2022	Wednesday May 18, 2022
#6	Monday May 23, 2022	Wednesday May 25, 2022
#7	Monday May 30, 2022	Wednesday June 1, 2022
#8	Monday June 6, 2022	Wednesday June 8, 2022
#9	Monday June 13, 2022	Wednesday June 15, 2022
#10	Monday June 20, 2022	Wednesday June 22, 2022
#11	Monday June 27, 2022	Wednesday June 29, 2022

# MIDDLE SCHOOL PLAYERS

TRAINING AGES 7 – 10

## Training Days and Times

Sessions are 75-Minutes in Length

Skills Positions: Mondays | Wednesdays 5:00 PM – 6:15 PM

**SKILLS**

WEEK	MONDAY	WEDNESDAY
#1	Monday April 18, 2022	Wednesday April 20, 2022
#2	Monday April 25, 2022	Wednesday April 27, 2022
#3	Monday May 2, 2022	Wednesday May 4, 2022
#4	Monday May 9, 2022	Wednesday May 11, 2022
#5	Monday May 16, 2022	Wednesday May 18, 2022
#6	Monday May 23, 2022	Wednesday May 25, 2022
#7	Monday May 30, 2022	Wednesday June 1, 2022
#8	Monday June 6, 2022	Wednesday June 8, 2022
#9	Monday June 13, 2022	Wednesday June 15, 2022
#10	Monday June 20, 2022	Wednesday June 22, 2022
#11	Monday June 27, 2022	Wednesday June 29, 2022

Power Skills Positions: Tuesdays | Thursdays 4:30 PM – 5:45 PM

**POWER SKILLS**

WEEK	TUESDAY	THURSDAY
#1	Tuesday April 19, 2022	Thursday April 21, 2022
#2	Tuesday April 26, 2022	Thursday April 28, 2022
#3	Tuesday May 3, 2022	Thursday May 5, 2022
#4	Tuesday May 10, 2022	Thursday May 12, 2022
#5	Tuesday May 17, 2022	Thursday May 19, 2022
#6	Tuesday May 24, 2022	Thursday May 26, 2022
#7	Tuesday May 31, 2022	Thursday June 2, 2022
#8	Tuesday June 7, 2022	Thursday June 9, 2022
#9	Tuesday June 14, 2022	Thursday June 16, 2022
#10	Tuesday June 21, 2022	Thursday June 23, 2022
#11	Tuesday June 28, 2022	Thursday June 30, 2022

# HIGH SCHOOL PLAYERS

TRAINING AGES 14 – 18

## Training Days and Times

Sessions are 75-Minutes in Length

Skills Positions: Mondays | Wednesdays 7:00 PM – 8:15 PM

**SKILLS**

WEEK	MONDAY	WEDNESDAY
#1	Monday April 18, 2022	Wednesday April 20, 2022
#2	Monday April 25, 2022	Wednesday April 27, 2022
#3	Monday May 2, 2022	Wednesday May 4, 2022
#4	Monday May 9, 2022	Wednesday May 11, 2022
#5	Monday May 16, 2022	Wednesday May 18, 2022
#6	Monday May 23, 2022	Wednesday May 25, 2022
#7	Monday May 30, 2022	Wednesday June 1, 2022
#8	Monday June 6, 2022	Wednesday June 8, 2022
#9	Monday June 13, 2022	Wednesday June 15, 2022
#10	Monday June 20, 2022	Wednesday June 22, 2022
#11	Monday June 27, 2022	Wednesday June 29, 2022

Power Skills Positions: Tuesdays | Thursdays 7:00 PM – 8:15 PM

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#10	Tuesday June 21, 2022	Thursday June 23, 2022
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