

WHAT: LINEMAN SKILL CAMP
WHEN: STARTS WEEK OF JANUARY 13 MEETING TWICE PER WEEK FOR ONE HOUR ON WEDNESDAYS AT 7 PM AND SATURDAYS AT 11AM FOR 6 WEEKS
WHY: OFF. & DEF. SKILLS
WHO: COACH KEITH HUEBNER & COACH MIKE MILLIKEN
GRADES: 6TH THRU 12TH



COST: \$239 to reserve your spot. Camp size limited to 12 athletes and is filling presently. Payable in advance to reserve your spot. Check payable to SFAS, Cash or Credit/Debit/Paypal on the SFAS Website.

Attention Lineman: Strength, Fitness, and Speed Facility will be offering a six week lineman clinic in our building. The clinic will have a **CORE FOCUS** on basic fundamentals.

Offensively: Some of the topics covered (but not limited too) hand placement, pad level, combo/zone blocking, double teaming, pass protection and bumping off.

Defensively: The skills that will be covered (but not limited too) hand placement, slanting, angling, blitzing, tackling, twisting, splitting double teams, and pass rush.

What will you need:

- Football helmet
- Mouth piece
- Tennis shoes
- Football jersey
- Positive attitude

Email ed@strengthfitnessandspeed.com with registration and payment questions and about signing up. You will be emailed a registration packet with forms and welcome info.

Contact Coach Milliken or Coach Huebner with questions about equipment and skills addressed.

Coach Milliken's Cell: 724-747-3334

Coach Huebner's Cell: 412-841-1717