

# TRENCH WARS

O - LINE / D - LINE ACADEMY



Master the essential fundamentals of line play and learn advanced techniques that will give you that crucial competitive advantage over your opponent. Trench Wars combines comprehensive on-field training with in-depth film study. Don't miss this outstanding opportunity to increase your skill and success for your next season, and for your future.

**OPEN TO:**

POP WARNER, OCJAAF,  
AND FLAG FOOTBALL  
PLAYERS OF ALL AGES

**WHEN:**

**MON-TUE-WED-THUR**  
8:00 AM - 10:00 AM

**SESSION 1:**

JULY 5 TO JULY 15

**SESSION 2:**

JULY 19 TO JULY 29

**WHERE:**

TESORO HIGH SCHOOL  
1 TESORO CREEK RD.  
LAS FLORES, CA

**COST:**

\$155 PER SESSION OR  
\$255 FOR BOTH.

ATHLETES MAY ALSO  
ATTEND INDIVIDUAL  
PRACTICES FOR \$20

## **A WORD FROM TRENCH WARS COACH - TED ALEXANDER**

As a 190 lb. collegiate lineman, I was able to excel at the DII level, by relying on technique and tenacity. As a coach, it has become my passion to teach this style of line play to aspiring football players. Many of my former line students have gone on to earn scholarships in the Pac 10 and across the country.

I invite each of you to join Trench Wars, and join in the pursuit to be the best lineman that you can be.

**TO REGISTER:**

Send athlete's information to [TrenchAcademy@yahoo.com](mailto:TrenchAcademy@yahoo.com)  
Please include player's name, age, weight and/or division, name of youth team and coach for the upcoming season, and which session(s) you wish to attend. Payment may be submitted in person at the first practice. If paying by check, make payable to Ted Alexander.