

Titan Football Academy

For: Current 7th and 8th Graders

Dates: April 26th -May 22nd (4 weeks)

COST: \$200

Location: Tesoro High School

Days/Times: (Tuesday's & Thursday's 4:30-6:30pm) & (Saturday's 9:00-11:00am)

The Titan Football Academy is a great opportunity to help transition and prepare all Junior High Student-Athletes for the game of football at the high school level. The academy will focus on educating athletes in 3 key areas that will be vital to their development and aid in their future success on the field, as well as in the classroom. Video review will also take place to help increase the athletes overall football knowledge.

Football Execution/On-Field Training: Athletes will be put through a simulated high school practice schedule. Athletes will be involved in team drills and individual position specific drills that will be used to improve the athlete's knowledge on the offensive and defensive side of the ball and improve the athletes skill and technique specific to their position. Competitive situations will be structured to allow athletes to work with a teammate and against an opponent to help advance their skill level.

Football Education: The athletes will be instructed by varsity coaches and will be introduced to offensive and defensive schemes that will be used at the high school level. Coaches will also have video review sessions with the athletes to help better their understanding of their position within the schemes.

Strength & Speed: The athletes will be under the direction and supervision of a professional strength & conditioning coach as they are taught the components of the high school football performance program. Special attention will be focused on the Olympic lifts along with speed, agility and plyometric training.

Please Detach and Mail Registration to: Brian Barnes
1 Tesoro Creek Rd
Las Flores, Ca 92688

**** If you have any questions please contact Coach Brian Barnes @ (714) 272-8111 or

Email at coachbrianbarnes@yahoo.com.

***Please Make Checks out to: Brian Barnes

Name: _____ Age: _____ Grade in fall 2010: _____

Parents Name: _____ Email: _____

Address: _____ City: _____ Zip Code: _____

Home Phone _____ Emergency Phone _____

T-Shirt Size (Circle One) Adult: S M L XL XXL

Liability Waiver: I give my son _____ permission to participate in the Titan Football Academy directed by Brian Barnes. In consideration for my registration into the academy, I hereby hold harmless the Capistrano Unified School District, Tesoro high School, Brian Barnes and any of its officers, agents or employees from any liability from all claims or action for any injuries sustained or losses resulting from any participation by the registered person or the person's family. I recognize that athletic training can expose my son to medical risks not associated with their current level and thus hereby state my son is physically fit to participate.

Parents Signature: _____ Date: _____

***This flyer was not printed at district expense.