

2010 MCF Momentum Training Camps

www.millcolemanfootball.com

The Ultimate off Season Football Training Program!!
Designed for Quarterbacks, Receivers, Defensive Backs, Running Backs

Momentum Training Program:

This 7 week, Fundamentals + Speed, Agility and Power (FSAP), total training program consisting of position specific training by top notch coaches along with speed, power and acceleration training powered by MCF and Next Level Training.

- QB's develop and improve your arm strength, accuracy, footwork, coverage recognition
- Skill position athletes develop and improve your footwork, speed, route running, pass catching, change of direction, coverage skills and much more
- Limited spacing: 6 QB's and 14 skill players accepted into the program per session!
- Fundamentals, individual attention, Speed & Agility Training and much more!
- 7 week Campers will receive (Addidas T-shirt and Shorts) and a jump rope.

Sundays: 4:30-6:30pm (**Youth Momentum Training**) 4th grade thru entering 8th grade

Sundays: 6pm-8pm (**H.S. Momentum Training**) Entering 9th grade to 12th grade

7 week Momentum Training:

- \$375- (1 day per week for 7 weeks)
- Momentum Training Sunday dates:
 - February 14, 21, 28 and March 7, 14, 21, 28
 - ***\$95 Drop in rate- Momentum Training (Sundays)**

Additional speed training sessions available on Wednesdays

- **Speed School Wednesday Dates:**
 - **Wednesdays Speed School (5pm-6:00pm)**
 - Feb 10, 17, 24, and March 3, 10, 17, 24
- Special rate on additional Wednesday speed school available for those in the momentum program....**7 sessions=\$100 or \$25/session**
- **Ages:** Youth-entering (4th grade to entering 8th grade)
H.S.-(entering 9th grade and up)

Location: Next Level Training (Inside of Bloomfield Tennis and Fitness),

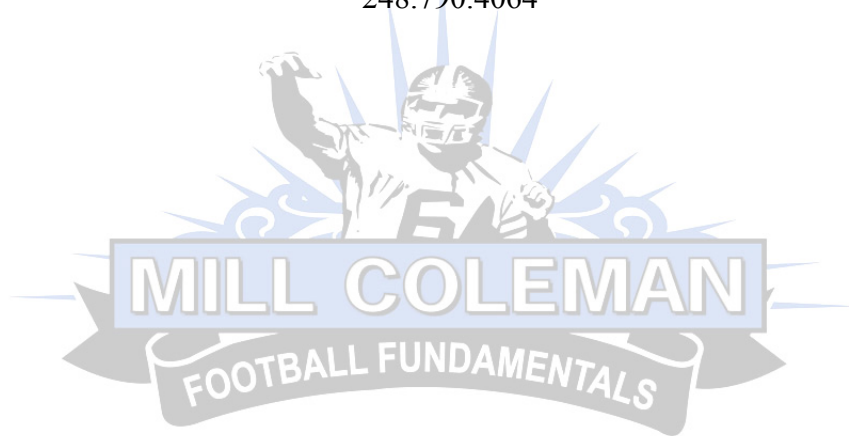
799 Denison Court Bloomfield Hills, MI 48302

**QB's bring your own ball, athletes bring flat bottom training shoes, football shoes,
towel, and water bottle**

Checks and Money orders Payable to*:
Mill Coleman Football Fundamentals
33228 W. 12 Mile Rd #179
Farmington Hills, MI 48334

Payment plan available

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