

Air Assault QBS Winter Fundamentals Training Camps. The Season Starts Now!!

- Designed for QB's looking to improve their throwing mechanics, footwork, and arm strength. High intensity drill work!!
- Designed for skill position (WR's, RB's, DB's, & LB's), looking to improve their fundamentals. Route running and pass catching skills, Cover skills, and more.
- Pass, Catch, Defend and Compete at the workout sessions!
- **Special Teams Periods (Punt & Kick Returns, Long snapping)**
- **Camps covered by Rivals.com and Michigan Preps**

Camp Instructors:

- Mill "The Thrill" Coleman is a former Farmington Hills Harrison All-American QB. All-Decade QB, State of Michigan (1980-1990)
- Former Michigan State standout and captain
- Ron Rice, DB Coach, (EMU and NFL)
- Neal Modzierz, WR Coach (Current H.S. Coach, and former collegiate WR)
- Romond Batton, Linebacker/speed coach (Purdue, NFL,CFL)
- Additional coaches are current and former H.S., college or professional athletes or coaches.



QBS Fundamental Camp

Winter Session 1

Saturdays.....Jan 23, 30 & Feb 6, 13

Saturday.....3:00pm-5:30pm

Winter Session 2

Saturday..... Feb 20, 27 & Mar 6, 13

Saturday.....3:00pm-5:30pm

Program:

Fee: (Includes T-shirt)

\$199/session or both sessions \$349

- **Single day Drop in Training:
\$65 (includes T-shirt)**

*QB's bring Ball, football cleats, tennis shoes, water bottles, and towel.
*For Spring and Summer Camps Check Website www.millcolemanfootball.com

Agenda

- 3:00pm-3:30pm (Dynamic Warm up)
- 3:30pm-5:00pm (Field)
- 5:00-5:30pm (Competition)
- 5:30pm (Session ends)

Location: MCF (East) Location

Auburn Hills Golf Center (248-333-2882)
(Opdyke and Auburn Rd, just South of Pontiac Silverdome)
141 S. Opdyke Rd, Auburn Hills, MI, 48326

Email: mill@millcolemanfootball.com

Or call: 248-790-4064

To register go online www.millcolemanfootball.com or

mail into: **Mill Coleman Football
33228 W. 12 Mile Rd. #179,
Farmington Hills, MI 48334**



Private or group lessons

- QB's or Receivers- Individual or group lessons are also available. Please contact Mill Coleman for more information or to schedule a lesson.

Fundamentals Registration Form

Student Name: _____

Address: _____

City: _____ State _____ Zip _____

Parent/Guardian Name _____

Email Address _____

Phone: _____ H _____ C _____ W _____

Emergency Contact _____ Phone # _____

School _____ Grade _____

Group 1 Group 2

Position _____

***Space is limited; walk-ups are not guaranteed a spot!**

Register online: millcolemanfootball.com

Or

Mail checks payable to:

Mill Coleman Football Fundamentals, LLC.

33228 W. 12 Mile Rd. #179, Farmington Hills, MI 48334

Phone: • 248-790-4064

e-mail: mill@millcolemanfootball.com

Parent/ Guardian Signature _____ I authorize Mill Coleman football fundamentals to arrange for emergency medical treatment in my absence. I will assume all financial responsibility for emergency transportation and treatment. I will not hold Mill Coleman football or any of its employees responsible or liable for any injury that may result from participation in the Mill Coleman fundamental programs.

