

Big-Man Winter Fundamentals Training Camps.

“In the trenches the most powerful step in football is the first six inch step”....Develop the step!

- **Top notch coaching from coaches that have played college, professional football and current high school coaches**
- **Offensive linemen, work run blocking and pass blocking techniques**
- **Learn the proper techniques of pass rushing and run stopping move.**
- **Read and Recognition Drills, Footwork Drills, Competitive drills**
- **Speed School, speeds training like you’ve never had before!!**
- **Classroom & Chalk Talk Sessions, Correcting Common Errors**
- **Our camps are covered by Rivals.com and Michigan preps**

Camp Instructors:

- **Coach Mansfield Dinkins**
- **Former Collegiate standout defensive lineman, UNLV**
- **10+years coaching experience**
- **Has coached lineman athletes that are currently in the NFL**
- **Additional guest coaches and current and former H.S., college or professional athletes or coaches.**



Big Man Winter High School Fundamental Camps

Session 1

Saturday.....Jan 23, 30 & Feb 6, 13
Saturday.....2:30pm-5:00pm

Session 2

Saturday.....Feb 20, 27 & Mar 6, 13
Saturday.....2:30pm-5:00pm

Program:

1 session (4 workout Dates):

Session (Includes T-Shirt) \$145

Both Sessions:

All 8 workouts (Includes T-Shirt) \$225

Ages: 9th grade and Up

*Drop In work out rate: \$45/workout

***Bring football cleats, tennis shoes, water bottles, and towel.**
 *For Spring and Summer Camps Check Website www.millcolemanfootball.com

Agenda

- 2:30pm-3:00pm (Dynamic Warm-up/flex)
- 3:00pm-4:00pm (Big man fundamentals)
- 4:00-4:30pm (1st sound period)
- 4:30-5pm (class room)

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

- 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 _____ Age _____

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.

