




ALTRU FAMILY YMCA 2024

FOOTBALL ACADEMY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

..... **ALTRU SPORTS ADVANTAGE**

YOUTH FOOTBALL CAMP

Nov 3, 10, 17

For players in grade two through six and are designed to help develop a fundamental foundation for all of the skills needed to be successful at any position.

Grade 2-6 • Sundays • 1:00-2:00 pm

FOOTBALL SKILLS CAMP

Nov 7, 14, 21

Grade 2+ • Thursdays • 7:00-8:00 pm



FOOTBALL PERFORMANCE TRAINING

Sun, Nov 10: Free Pre-test • Nov 13, 17, 20, 24 / Dec 1, 4, 8

Football Performance Training is designed for players to get stronger, improve their agility & explosiveness, and prepare for offseason camps, combines, and showcases.

Players will grow as competitors, leaders, teammates, and will train alongside some of the top rising high school players in the region.

Grade 7+ • Sunday & Wednesday • 7:00-8:20 pm



ALTRU FAMILY YMCA



FOOTBALL ACADEMY

POSITION SPECIFIC TRAINING FOR YOUNG ATHLETES

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