SPEED • AGILITY • OVERALL PERFORMANCE

# the YMCA Athletic Movement Training



Sports Advantage

# FALL/WINTER COLLEGE FOOTBALL PREP

## Sundays • Nov 22–Dec 19 • 5:00 pm • Age 10+ • $50

Prepare to test at your highest level this winter with our Fall/Winter College Combine Prep Camp. This camp is designed specifically for high school athletes looking to perform well at college prospect camps, recruiting showcases, and offseason testing events. Athletes will train and refine the same drills and movement patterns commonly used by college football programs during evaluations and prospect camps.

## What We Focus On

### 40-Yard Dash Development

Athletes will receive detailed instruction on sprint mechanics, explosive starts, acceleration, transition phases, and top-end speed development to improve overall 40-yard dash performance.

### Broad Jump & Vertical Jump Training

Develop lower-body power, explosiveness, and jump mechanics to maximize performance in standing broad jump and vertical jump testing.

### 3-Cone Drill & Change of Direction Training

Improve body control, footwork, balance, and efficient movement patterns through combine-specific agility and change-of-direction drills.

### College Program Specific Drill Preparation

Athletes will also prepare for specialty drills commonly used by college football programs and advanced prospect camps, including:

- Triple Broad Jump
- Seated Medicine Ball Throw

### Movement Efficiency & Technique Coaching

Every drill is coached with an emphasis on technique, body positioning, and movement efficiency to help athletes perform at their highest level during recruiting evaluations.

## Why Train With Us?

Our Fall/Winter College Combine Prep Camp gives high school athletes the opportunity to prepare for upcoming college prospect camps, recruiting showcases, and offseason testing events in a competitive, high-energy training environment. Athletes will gain confidence, improve measurable performance, and learn the technical details that can make a difference during recruiting evaluations.

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**Coach Adam Sorum**
Certified Personal Trainer; Certified Medical Fitness Specialist; BS Degree Exercise Science, Wellness, Phys Ed







**Altru Family YMCA**
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