

We are excited to announce **off-season QUARTERBACK TRAINING** at
OPS FOOTBALL ACADEMY
sponsored by Optimum Performance Sports

Here are the details:

Our 5th annual program will consist of 10 hours of QB Training, beginning on Sunday, January 14th
@ The ASH Centre (1701 Freeman Street, Fort Wayne, IN 46802)

Training sessions will take place:

January 14, 21, 28
February 11, 18, 25 (no session on February 4th due to Super Bowl)
March 4, 11, 18 (2-hour finale session on March 18th - includes competitions and showcase events)

We will have 3 QB sessions each Sunday night based on age (maximum of 16 QB's in each session)

Middle School Group (current 5th, 6th, 7th grade QB's) - 6:00 to 6:45 PM
High School Groups (current 8th, 9th, 10th, 11th grade QB's) - 7:00 to 8:00 PM -or- 8:00 to 9:00 PM

Intensive Instruction will focus on:

- . Video Analysis of your Throwing Mechanics
- . Throwing Mechanics Training:
 - Tighter Spiral
 - Improved Accuracy
 - Improved Velocity
 - A Repeatable Motion Under Pressure
- . Footwork Mechanics Training:
 - Proper Drop Mechanics (Shotgun & Under Center, 3-Step, 5-Step)
 - Improved Pocket Presence (Evade & Escape)
 - Getting Outside the Pocket (Semi-Roll and Bootleg Roll-Out)
- . A Series of Drills you will be able to take with you to "perfect" all of the skills above
- . High School sessions will include the opportunity to throw passes to receivers from our
OPS FOOTBALL ACADEMY WR Training Program

Instructors:

Cory Kitchen, former Offensive Coordinator/Quarterbacks Coach at Bishop Dwenger High School
Dr. Jason Russell, DG, CGFI, ACE, Director of Sports Medicine, Fort Wayne Orthopedics
Steve Smeltzley, former Ball State Quarterback & Freshman QB's Coach at Bishop Dwenger HS
Lee Etzler, former Head Coach at Churubusco High School

Cost: \$250.00 for High School QB's -or- \$200.00 for Middle School QB's
for the entire ten-hour program, which also includes:

- An OPS FOOTBALL ACADEMY T-Shirt and
- **FREE membership to OPS (Optimum Performance Sports) during the program. Free admission to performance training classes starting January 14th - March 18th.**
(\$400.00 value)

Volume discounts are available: 4 athletes from the same school = \$225.00 per athlete
6 athletes from the same school = \$200.00 per athlete

*** For registration instructions and to reserve a spot, please contact Andrea Laymon @ 260-435-2631**
A maximum of 16 QB's will be accepted in each session, so reserve your spot today!
"Dedicate to Dominate!"

REGISTRATION & RELEASE

Please print legibly. If athlete is under the age of 18, the waiver must be completed and signed by a parent or legal guardian.

Name: _____ Date: ___ / ___ / ___ Date of Birth: _____

Address: _____ City: _____ St: _____ Zip: _____

Phone # _____ Email: _____

Emerg. Contact: _____ Emergency Contact Phone #: _____

How did you hear about the OPS Passing Academy? _____

Please list any medical risks or injuries you are recovering from: _____

The use of the facilities at Optimum Performance Sports naturally involves risk of injury to you. As such, you understand and voluntarily accept this risk and agree that **Optimum Performance Sports, and all of its agents (OPS Passing Academy)** will not be liable for any injury, including without limitations, personal, bodily, mental injury, economic loss, or any other damage to you or your family members resulting from the negligence or other acts of Optimum Performance Sports. I release and waive any and all claims, demands, losses or damages, including those for personal injury and/or death, against Optimum Performance Sports, its agents, employees, officers, directors, suppliers, and any OPS programs, training, or other use of the facility.

I hereby consent to and permit photographs and/or video of me and/or those of my minor children to be used by OPS Passing Academy, Optimum Performance Sports, and any of those listed above, for any purpose, including educational and advertisement purposes, and in any medium, including print and electronic.

I have read, understood and completed this questionnaire and waiver.

Signature: _____ Date: ___ / ___ / ___

Parent / Legal Guardian Signature (if under 18): _____

For Office Use Only:

Amount Paid Today: \$ _____ Pymt. Method: _____ Staff Signature: _____