

We are excited to announce **off-season WIDE RECEIVER Training**  
at

**OPS FOOTBALL ACADEMY**  
*sponsored by Optimum Performance Sports*

**Here are the details:**

Our 6<sup>th</sup> annual program will consist of 10 hours of WR Training, beginning on Sunday, January 6<sup>th</sup>  
@ The ASH Centre (1701 Freeman Street, Fort Wayne, IN 46802)

**Training Sessions will take place:**

January 6, 13, 20, 27  
February 10, 17, 24 (no session on February 3<sup>rd</sup> due to Super Bowl)  
March 3, 10 (2-hour finale session on March 10<sup>th</sup> – includes competitions)

**We will have two High School sessions each night (maximum of 20 WR's in each session)**

High School Groups (current 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> grade WR's) -7:00 to 8:00 PM -or- 8:00 to 9:00 PM

**Intensive Instruction will focus on:**

- . Effective "running ready" stances
- . Releases that eliminate wasted movement (vs. both soft coverage and press)
- . Route Precision - Proper footwork and balance in and out of routes while maintaining vertical speed
- . Creating separation from the DB without the need of "elite speed"(attacking the technique)
- . Using feet, eyes, and elbows to create "soft" hands while catching the football
- . Adjusting to a ball in flight
- . Downfield blocking techniques
- . Mental aspects of the WR Position (recognizing coverages and leadership)

**In addition to catching passes from OPS FOOTBALL ACADEMY's "JUGS" Football Throwing Machine, our WR's will also have the opportunity to catch passes from the QB's in our OPS FOOTBALL ACADEMY QB Training Program.**

**Instructors:**

Brennen Kitchen, former Head Coach at Eastside High School  
Grant Veith, Inside Receivers Coach at University of St. Francis  
Seth Coate, Current WR - Ottawa Redblacks in Canadian Football League, All-American WR @ USF  
John Schmidt, Skill Position Coach at Churubusco High School  
Kevin Thompson, former Skill Position Coach at Bishop Dwenger High School

**Cost:**

\$250.00 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 6<sup>th</sup> – March 10<sup>th</sup>**  
((\$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 20 WR'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: \_\_\_\_\_

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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: \_\_\_\_\_