

We are excited to announce **off-season OFFENSIVE LINEMAN Training**
at

OPS FOOTBALL ACADEMY

sponsored by Optimum Performance Sports

Here are the details:

Our 6th annual program consists of 10 hours of Offensive Lineman Training, beginning on Sunday, January 6th @ 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 3rd due to Super Bowl)

March 3, 10 (2-hour finale session on March 10th – includes competitions)

We will have 1 High School session each night (maximum of 20 Linemen accepted)

High School Group (current 8th, 9th, 10th, or 11th grade Linemen) - 6:00 to 7:00 PM

Intensive Instruction will focus on:

. Offense:

- Footwork technique and refinement for run & pass blocking
- Universal footwork – will help in any offensive system
- Drive block progressions for 1st and 2nd level defenders
- Trap and Pull techniques

. Competition Periods

Instructors:

Lee Etzler, Former Head Coach – Churubusco High School

Grant Veith, Assistant Coach – University of St. Francis, and former high school Offensive Line Coach

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 6th – March 10th**
(\$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: _____

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: _____