

2010 FOOTBALL ACADEMY

Saturday's at Velocity Sports Performance

www.velocitysp.com/lehi



BE A BETTER ATHLETE. OFFICIAL PROVIDER OF NIKE SPARQ TRAINING

*Welcome to the 4th season of the Football Academy, an off-season training program for football players. Utah's top High School Football Coaches, as well as top college and NFL players, will be coaching skills in small group settings for Quarterbacks, Receivers, Running Backs, Defensive Backs, and Line Backers. **YOU MAY SIGN UP AT ANYTIME, EVEN AFTER JAN 16th**



Other coaches that have been involved in the previous 3 years:

- Les Hamilton (Alta HS Head Coach)
- Matt Christensen (Spanish Fork HS Head Coach)
- Tony McGeary (Lone Peak HS Head Coach)
- Dale Sampson (Pleasant Grove HS Head Coach)
- Morgan Scalley (U of U)
- Terrell Cole (U of U)
- David Nixon (BYU)
- Spencer White (BYU)
- Jason Buck (Cincinnati Bengals, Washington Redskins)
- Harvey Unga (BYU)
- Travis Bright (Dallas Cowboys)
- Max Hall (BYU)

Top Row (L-R): Curtis Brown (Running Backs), Justin Ena (Philadelphia Eagles, LB's), Les Hamilton (Alta H.S. Head Coach)
Bottom Row (L-R): Ben Cahoon (Montreal Alouettes, WR's), Dustin Smith (Utah QB School), Austin Collie (Colts, WR's)

"The Football Academy at Velocity has helped my son tremendously. The coaches, the facility and the attention to detail has made this well worth our time and money."

***Parent of Football Academy athlete*

D1 (Grades 6-8) and D2 (Grades 9-12) PRICING

Touch Down package (\$250): 8 reserved spots in any position specific clinics of your choice.

Field Goal package (\$150): 4 reserved spots in any position specific clinics of your choice.

PAT package (\$40): 1 reserved spot in any position specific clinic of your choice.



YOUTH (Grades 3-5) PRICING

Touch Down package (\$199): 8 reserved spots for all 8 of the Youth clinics.

Field Goal package (\$125): 4 reserved spots for the Youth clinics.

PAT package (\$40): 1 reserved spot in any of the Youth clinics.



Please call 801-407-8224 or email to lehi@velocitysp.com to SIGN UP or FOR MORE INFO.

Velocity Sports Performance is located inside of The Factory at the point of the mountain in Lehi
4425 N. Thanksgiving Way, Lehi, UT 84043

SEE BACK FOR SCHEDULES

OFFENSIVE POSITIONS

DEFENSIVE POSITIONS

| | <u>Grades 6-8 (D1)</u> | <u>Grades 9-12 (D2)</u> | | <u>Grades 6-8 (D1)</u> | <u>Grades 9-11 (D2)</u> |
|---------------|---|--|---------------|--------------------------------------|--|
| 16-Jan | QB 8:30-9:45a.m. WR 8:30-9:45a.m. RB 9-10:15 a.m. | QB 10:15-11:30a.m. WR 10:15-11:30a.m. RB 10:45-12n | 23-Jan | LB 8:30-9:45a.m. DB 8:30-9:45a.m. | LB 10:15-11:30a.m. DB 10:15-11:30a.m. |
| 30-Jan | QB 8:30-9:45a.m. WR 8:30-9:45a.m. RB 9-10:15 a.m. | QB 10:15-11:30a.m. WR 10:15-11:30a.m. RB 10:45-12n | 6-Feb | NO ACADEMY | NIKE SPARQ FOOTBALL COMBINE * AGES 15-18 * SPARQ rating given * 12pm - 2pm * \$20 |
| 13-Feb | QB 8:30-9:45a.m. WR 8:30-9:45a.m. RB 9-10:15 a.m. | QB 10:15-11:30a.m. WR 10:15-11:30a.m. RB 10:45-12n | 20-Feb | LB 8:30-9:45a.m. DB 8:30-9:45a.m. | LB 10:15-11:30a.m. DB 10:15-11:30a.m. |
| 27-Feb | QB 8:30-9:45a.m. WR 8:30-9:45a.m. RB 9-10:15 a.m. | QB 10:15-11:30a.m. WR 10:15-11:30a.m. RB 10:45-12n | 6-Mar | LB 8:30-9:45a.m. DB 8:30-9:45a.m. | LB 10:15-11:30a.m. DB 10:15-11:30a.m. |
| 13-Mar | QB 8:30-9:45a.m. WR 8:30-9:45a.m. RB 9-10:15 a.m. | QB 10:15-11:30a.m. WR 10:15-11:30a.m. RB 10:45-12n | 20-Mar | LB 8:30-9:45a.m. DB 8:30-9:45a.m. | LB 10:15-11:30a.m. DB 10:15-11:30a.m. |
| 27-Mar | QB 8:30-9:45a.m. WR 8:30-9:45a.m. RB 9-10:15 a.m. | QB 10:15-11:30a.m. WR 10:15-11:30a.m. RB 10:45-12n | 3-Apr | NO ACADEMY | SPRING BREAK |
| 10-Apr | NO ACADEMY | SPRING BREAK | 17-Apr | LB 8:30-9:45a.m. DB 8:30-9:45a.m. | LB 10:15-11:30a.m. DB 10:15-11:30a.m. |
| 24-Apr | QB 8:30-9:45a.m. WR 8:30-9:45a.m. RB 9-10:15 a.m. | QB 10:15-11:30a.m. WR 10:15-11:30a.m. RB 10:45-12n | 1-May | LB 8:30-9:45a.m. DB 8:30-9:45a.m. | LB 10:15-11:30a.m. DB 10:15-11:30a.m. |
| 8-May | QB 8:30-9:45a.m. WR 8:30-9:45a.m. RB 9-10:15 a.m. | QB 10:15-11:30a.m. WR 10:15-11:30a.m. RB 10:45-12n | 15-May | LB 8:30-9:45a.m. DB 8:30-9:45a.m. | LB 10:15-11:30a.m. DB 10:15-11:30a.m. |

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| 22-May | LB 8:30-9:45a.m. DB 8:30-9:45a.m. | LB 10:15-11:30a.m. DB 10:15-11:30a.m. |
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Youth Classes: 3-5th grade Saturday's 11:30am-12:30pm
 January 23rd
 February 20th
 March 6th and 20th
 April 17th
 May 1st, 15th and 22nd