

Meet the Staff

Directors:

Rich Tarby & Tony D'Aurora

- Malden Catholic High School, Offensive Coordinator
- Malden Catholic High School, Offensive/Defensive Line
- Members, American Football Coaches Association, The Grid Iron Club of Greater Boston

Dave Wilcox

- Head Coach-Stoneham H.S.

Steve Barker

- Austin Prep

John Capra

- Everett H.S.

Bob Silva

- Stoneham H.S.

Yann Kumin

- Malden Catholic H.S.

Erik Kaloyanides

- CEO Athletic Evolution. Strength & Conditioning Specialist

Steve MacDonald

- Asst. Head Coach-Malden H.S.

Chris Yancey

- Stoneham H.S.

John Kuhne

- Merrimack College

Paul Cahill

- Arlington Pop Warner

John Ferrone-Rob Mistretta-Tony Difrumolo-Mike Fionda

- Woburn Pop Warner

Mark Staniul

- Reading Pop Warner

Information: questions, session, direction
please log onto:

www.thefootballbootcamp.com

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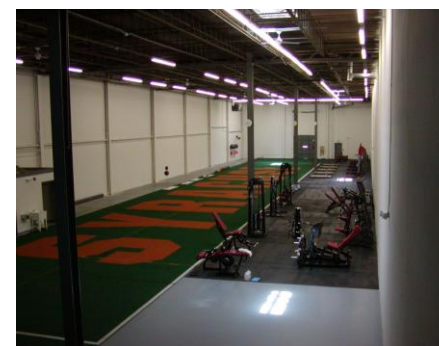
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**TFBC The Football Boot
Camp** *est. 2004*

The 2010 Football Boot Camp
“HIGH OFF SEASON
CONDITIONING ALONG
WITH A HIGH DOSE OF
FOOTBALL TECHNIQUE”

WWW.THEFOOTBALLBOOTCAMP.COM

The Football Boot Camp



THE FOOTBALL BOOT CAMP

The Football Boot Camp's Session 1 @ Athletic Evolution features an 85 Yard Indoor Turf Surface for running, plyometrics, agility and movement training! Session 2: will be held outside at our turf facility at Malden Catholic High School.

How would you like to stay in top football shape?

Sign up with "The Football Boot Camp" today! This player's clinic was developed to focus on high off-season conditioning along with a high dose of football technique.

At "The Football Boot Camp" the staff stresses and focuses on individual technique rather than the X's & the O's of the game. A very **STRONG** fundamental base is the foundation of every player's development so that they may excel to achieve their highest level of ability.

In order to keep a high ratio of instructor to player that we **LIMIT** the

8-week session to the first 100 participants (ages 7-14 or 9th grade) The Cost is **\$145.00** for the 8-week session and we are fully insured.

Teamwork

Join highly motivated players from 16 different communities. At The Football Boot Camp, all players will be drilled in plyometrics, agility, movement training & fundamentals along with the newest techniques to improve their game on the offensive and defensive sides of the ball. We have set-up a strong conditioning program, which is essential to compete at a high level. Players will be grouped according to age to create parity.

HONOR

All of our sessions are non-stop and are timed with players moving from station to station. The Football Boot Camp is a great fit for any new or experienced player to the sport. With our low pricing this Camp will give any potential player the "biggest bang" for their buck.

New Format

Session 1: will be held on Sunday mornings from 10:00-1:00 PM Athletic Evolution, 78C Olympia Ave, Woburn, MA

Session 2: Will be held outside on Sundays at Malden Catholic High School, 99 Crystal St, Malden, MA

All players will receive 24 hours of training, a Football Camp tee shirt and need only bring sneakers, workout shirts and shorts. This is a non-contact clinic, so no equipment is required. Clinic is open to **all area youth**.

Sessions

Session 1: February 14 – April 3rd
Inside @ Athletic Evolution

10:00 AM – 1:00 PM

Session 2: April 18-June 27
Outside @ Malden Catholic High

9:00 AM - 11:00 AM

Applications available online at:

www.thefootballbootcamp.com

The 2010 cost to attend each session of The Football Boot Camp is:

\$145.00 individual or

\$250 for a family of two.

Credit Cards Now Accepted

