



TFBC The Football Boot Camp est. 2004

WANTED: Junior Coaches for Sessions I & II at The Football Boot Camp @ Athletic Evolution and Malden Catholic High School

- **24 Hours of Community Service** for your High School Records.
- Free instruction by Erik Kaloyanides of Athletic Evolution on weight training, conditioning, nutrition, speed, and agility performance as high school athletes.
- The chance to be a leader, mentor and influence in a young man's life.
- Satisfaction at the end of each session knowing that you are teaching the greatest game in the world to a young athlete.
- **Cost is \$15 for the 8-weeks** to cover insurance and tee shirt
- Stay in top physical condition.

The Football Boot Camp ("TFBC") is celebrating its 7th season. We graduated over 250 Pop Warner athletes last year throughout the Middlesex, Essex, Merrimack Valley, North Shore and Greater Boston Leagues. Over the past 7 years, TFBC had graduated over 2000 athletes!!

We have joined forces with Athletic Evolution (www.athletic-evolution.com) located at 78c Olympia Avenue, Woburn for Session 1. Our home features a 15,000 sq. ft. facility with 85 Yard Indoor Turf Surface for running, plyometrics, agility and movement training. The facility also includes a state-of-the art weight room (with 10,000 lbs of weights), batting cages and synthetic ice rink.

As a Junior Coach, you will be working with a group of Pop Warner athletes in a group session to help them develop their skills during their eight-week conditioning session. You will be working alongside these athletes and will experience high off-season conditioning along with a high dose of football technique.

We will be meeting on **Sunday mornings from 10:00 AM to 1:00** for the first eight-week session. **Session I** (at Athletic Evolution), commences February 14, 2010 and runs through April 3, 2010. **Session 2** (outside at Malden Catholic High School) commences on April 18th and will run to June 27th.

I hope you will take advantage of this offer to earn **community service hours**, off-season conditioning and the chance to become a leader by joining the Football Boot Camp as a Junior Coach. I hope you can join me for Session I on February 14th and if you are interested please **send the enclosed form back** to me soon at the below address, thank you.

Best Regards,

Richard S. Tarby

Richard Tarby

Director

The Football Boot Camp

Offensive Coordinator

Malden Catholic High School

E-mail: coach.tarby@verizon.net

The Football Boot Camp

60 Revere Road

Woburn, MA 01801-5356

www.thefootballbootcamp.com

Coach Rich Tarby

Cell: 781-697-7589

coach.tarby@verizon.net

Coach Tony D'Aurora

Cell: 617-834-8737

anthony.daurora@verizon.net