



ATLET



# **ELEVATE**

2020 FOOTBALL SKILLS CLINIC



## **TX FOOTBALL ELITE SKILLS TRAINING**

ATLETSports.COM/CAMPS → "ELEVATE FOOTBALL CLINIC" → SIGN UP FOR YOUR PRIMARY POSITION

(MUST REGISTER BY FRIDAY APRIL 17TH, 2020. SPACES ARE LIMITED)



# ***FEATURED INSTRUCTORS***



**D-ROB**  
**ALWAYS OPEN**

**WR SKILLS**  
**INSTRUCTOR**

Trainer to  
Dez Bryant &  
Emmanuel Sanders



**FLIGHT SKILLZ**

**DB SKILLS**  
**INSTRUCTOR**

Trainer to  
Xavier Woods &  
Kentrell Brice



**BRIAN WATERS**

**O-LINE SKILLS**  
**INSTRUCTOR**

KC Chiefs Ring of Honor  
6-Time Pro Bowler



**JACKSON CURRY**

**QB & RB SKILLS**  
**INSTRUCTOR**

Atlet Sports Pro Football  
Performance Trainer



**RYAN MENTZEL**

**PUNTER / KICKER**  
**SKILLS INSTRUCTOR**

Atlet Sports Pro Football  
Performance Trainer





# **CLINIC INFO**



## **METRIC TESTING & VIDEO**

### ***COST***

**\$100 / ATHLETE  
(PAY W/ ONLINE REGISTRATION)**

### ***SCHEDULE***

#### **QB'S / PUNTERS – SAT. APRIL 25<sup>TH</sup>**

Location: Atlet Sports Training Facility

##### **Incoming 6<sup>th</sup>-8<sup>th</sup> Graders -**

9:00AM – Check In at Atlet Sports Facility

9:30AM – 11:30AM – Mechanical Training & Video Analysis

##### **Incoming 9<sup>th</sup>-12<sup>th</sup> Graders -**

1:00PM – Check In at Atlet Sports Facility

1:30PM – 3:30PM – Mechanical Training & Video Analysis

#### **ALL SKILL POSITIONS – SAT. MAY 2<sup>ND</sup>**

Location: Midlothian HS Football Stadium

##### **Incoming 6<sup>th</sup>-8<sup>th</sup> Graders -**

9:00AM – Check In at Midlothian ISD Football Stadium

9:30AM – 11:30AM – On Field Skills Instruction

11:30AM – 12:30PM Recovery Meal & Therapy / Meet the Pros

##### **Incoming 9<sup>th</sup>-12<sup>th</sup> Graders -**

1:00PM – Check In at Atlet Sports Facility

1:30PM – 3:30PM – On Field Skills Instruction

3:30-4:30PM – Recovery Meal & Therapy / Meet the Pros



## **SKILLS INSTRUCTION**



## **RECOVERY / LUNCH**