

# LINEBACKER TRAINING CAMP



*"TGIF Academy, bringing your player the best High School Coaches from Section 9."*  
Pat D'Aliso, Head Football Coach, Monroe-Woodbury High School, Director of Football Operations

This course has been designed specifically for each age level, with the intent of progressively developing linebackers from the youth to high school level.

This program provides progressive development of the necessary skills and athletic ability to compete as a linebacker. Sessions include: training to improve speed, agility, balance, and coordination with an emphasis on improving defensive run/pass skills and techniques.

A hour class under the direction of

**Mike Connolly**  
**Monroe-Woodbury Varsity Football**  
**(Defensive Coordinator/LB Coach)**

The Top Gun Instructional Football curriculum and teaching philosophy is presented by Orange County's top football coaches.

TOP GUN INSTRUCTIONAL FOOTBALL

SESSION 1: SUNDAYS APRIL 11, 18, 25, MAY 2, 9, 16  
1PM-2PM AGES: 8-13 2PM-3PM AGES 14 AND UP

SESSION 2: SUNDAYS MAY 23, 30, JUNE 6, 13, 20, 27  
1PM-2PM AGES: 8-13 2PM-3PM AGES 14 AND UP

[frozenropes.com/chester](http://frozenropes.com/chester)

Registration is \$95 per session

845.469.9507

Registration for LINEBACKER TRAINING CAMP is available online, by telephone, or by the form below.

## LINEBACKER TRAINING CAMP

TOP GUN INSTRUCTIONAL FOOTBALL



Player's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

Register my player for (circle session and age group):

SESSION 1: 1PM-2PM Ages: 8-13 2PM-3PM Ages: 14 AND UP

SESSION 2: 1PM-2PM Ages: 8-13 2PM-3PM Ages: 14 AND UP

Date of Birth \_\_\_\_\_

Parent(s) Name \_\_\_\_\_

Emergency \_\_\_\_\_

Email Address \_\_\_\_\_

Total Payment \$ \_\_\_\_\_

Visa ( ) Mastercard ( ) Amex ( ) Credit Card #:

Exp. Date:

Make checks payable to and mail to: Frozen Ropes 12 Elkay Drive, Chester, NY 10918

Tel: 845.469.9507

Fax: 845.469.6742

Email: [chester@frozenropes.com](mailto:chester@frozenropes.com)

