

ATHLETIC



REPUBLIC™

ATHLETIC  REPUBLIC™
Performance Sports Training

Enhance Speed.
Build Power.
Develop Agility.

2010

WINTER FOOTBALL CAMPS

www.theathleticrepublic.com

SESSION 1 – 3 DAY CAMP (January 17th, 24th, 31st) \$150
SESSION 2 – 3 DAY CAMP (February 14th, 21st, 28th) \$150



608.845.FAST(3278) – 411 Prairie Heights Drive, Verona, WI 53593 – www.theathleticrepublic.com

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REPUBLIC™

Athletic Republic is excited to offer elite football training at our 2010 Winter Football Camps. We are offering 3 day camps that will include position specific drills and skill development on our indoor turf and football performance training at our state of the art training facility.

ATHLETIC REPUBLIC FOOTBALL CAMP PRICING

SESSION 1: January 17th, 24th, 31st **\$150**

SESSION 2: February 14th, 21st, 28th **\$150**

HIGH SCHOOL CAMPS

OLINE / DLINE (20 athlete MAX)

10AM – 1PM

RECEIVERS / DEFENSIVE BACKS (20 athlete MAX)

2PM – 5PM

RUNNING BACKS / LINEBACKERS (20 athlete MAX)

4PM – 7PM

QUARTERBACKS (12 athlete MAX)

5PM – 9PM

YOUTH CAMPS

YOUTH LINEMAN (7th and 8th Grade ONLY)

8AM – 11AM

YOUTH SKILLS CAMP (7th and 8th Grade ONLY)

12PM – 3PM

To register for the camp please go to:

WWW.THEATHLETICREPUBLIC.COM

Click on CAMPS

Click on FOOTBALL CAMP REGISTRATION

Fill out registration, download and complete the enrollment form, send in to Athletic Republic with payment by the camp deadline below.

Session 1 deadline is Monday January 11th

Session 2 deadline is Monday February 8th

CAMP FORMAT

3 hours each day (9 Total Hours each session)

Dynamic warmup 10 minutes

Defensive position work 50 minutes

Offensive position work 50 minutes

Special Guest/Coach talk 10 minutes

Sports Performance Training (position specific) 50 minutes

Cooldown / Recovery 10 minutes

*Quarterbacks will have 60 minutes of film and instruction in the classroom prior to camp. (4 hours each day 16 Total)

CAMP DETAILS

EACH ATHLETE WILL RECEIVE:

- Camp T-Shirt
- Football Nutritional Packet
- Player/Athlete Evaluation

WHAT TO WEAR:

- Athletic Shoes (NO CLEATS)
- Athletic Apparel (Shorts and T-shirt/Dri-fit)

