

Free Football Clinics beginning Thursday Evening, May 20th



Centers for
Orthopaedics
Experience in Motion

The Maine State Chapter of the National Football Foundation, in conjunction with the OA Centers for Orthopaedics, will sponsor free football clinics beginning Thursday May 20th at 5:30 PM.

Where: OA Performance Center, 15 Lund Road, Saco

Follow this link for directions: <http://www.orthoassociates.com/pdfs/DirectionsSaco.pdf>

The Thursday Night Clinics will be geared for Youth Coaches and High School Coaches at the Sub-varsity and JV level. Each Clinic will feature three presentations from High School and College coaches from Maine

Space is limited, please e-mail to reserve space:

Dave Caputi Bowdoin College 207-725-3746 dcaputi@bowdoin.edu



http://www.orthoassociates.com/LP10/parisi_speed_school.php

May 20th, Clinic #1

- 5:30-6:00 *Registration*
- 6:00-6:05 *Welcome*
- 6:05-6:50 ***#1: Fundamentals of Offensive Line Play***
Ed Mestieri, Head Football Coach, Colby College
- 6:50-7:00 *Break*
- 7:00-7:45 ***#2: Daily Drills and Fundamentals to help your Run Game***
John Wolfgram, Head Football Coach, Cheverus High School
- 7:45-7:55 *Break*
- 7:55-8:40 ***#3: Performance Training Considerations for Pre-Varsity and Varsity Athletes***
Tim Guillerault Performance Coach, OA Parisi Speed School

May 27th Clinic #2

Featured Speaker: UMaine Head Football Coach Jack Cosgrove

June 3rd Clinic #3

Featured Speakers: Bates College football Staff

June 10th Clinic #4

***Feel Free to forward
GET THE WORD OUT!***