

L.I.F.E. Support Incorporated

presents

Speed Skills Youth Football Camp

Who: Aurora Superstars Football League with L.I.F.E. Support Inc.
What: 2-hour workout camp including speed work and position drills
Where: TBA
When: June 7-8, June 14-15, June 21-22, and June 28-29
Why: To mentor youth athletes and increase their speed, agility, as well as overall performance and knowledge.

Coaches: Rodney Johnson, Romane Phillips, Rodney Davis

Special guest appearances from the NFL's Defensive MVP and former Superbowl Champ Bob Sanders of the Indianapolis Colts and former New York Jet and Montreal Alouette D.J. Johnson

The camp will start with a dynamic warm up to get the athletes ready to compete and prevent injury. As a group they will go through speed ladder drills, bag drills, cone drills, mirror drills, and a pat and go. Camp includes offense and defensive days and every athlete will get the chance to compete on both sides of the ball to find their best position.

Athletes will be split into six groups: QB's and WR's, DB's, RB's, LB's, OL, DL. They will then match up with their counter parts and do competitive one on one drills. Coaches will instruct and demonstrate drills and motivate these young athletes.

Our goal for this Speed Skills football camp is to educate these student athletes on what it takes to be successful in life and athletics. We believe that life and sports have a lot of parallels and both require the same skills such as leadership, hard work, energy, and a positive attitude. This will leave a lasting impression on these student athletes and help them apply our teachings to their everyday lives,