



POSITION SPECIFIC TRAINING

QUARTERBACKS ♦ RECEIVERS ♦ RUNNING BACKS ♦ O-LINE ♦ LINEBACKERS ♦ DEFENSIVE BACKS ♦ D-LINE

Our training camps are designed to teach beginners the fundamentals of the game of football and to enhance the skill levels of the more advanced athlete. Players should take full advantage of the off season to work on improving their skill sets. MEFC has training programs that will assist in every phase of the mental and physical development of the athlete.

Come acquire and enhance the skills it takes to compete on a high level from recognized coaches in a state of the art facility.

Location	Total Sports, 22777 Farmington Rd, Farmington MI
Ages	8th grade-12th grade
Rates	Drop In: \$30; Session I or II: \$175; Session I and II (Season Pass):\$325
Dates	Session I: Jan 4 11 18* (Big Men Only)19* * 25; Feb 1 8 15 22 Session II: Mar 1 8 22 29; Apr 12 19 26;
Times	**Special Event: Monday Jan 19 High School Skill Players Train at Total Sports in Wixom 12:00-2:10pm: Offensive and Defensive Line 1:30pm-4:00pm: All Skill Position Mechanics and Fundamentals (grades 8 and up)

Training Agenda:

12:00-1:30pm: Offensive/Defensive Line and Youth Camp:

1:30-2:10pm: Group Performance Training (Speed & Agility)*

2:10-4:00pm: All Skill Position Mechanics and Fundamentals (grades 8 and up)

*Optional for Youth and Big Men

Training camps include:

- Performance Training
- Position Specific Fundamental Mechanics and Technique
- Competition

Cancellation Policy: Cancellation or no show for any event will result in forfeiture of that event without a refund. If we cancel any event for any reason, the customer shall be entitled to re-schedule the appointment without penalty. Lessons DO NOT carry over.

To REGISTER GO TO: www.MichiganEliteFootballClub.com

Young Guns

Designed for youth skilled position players (QB's, WR's, RB's, DB's, & LB's), looking to improve and develop fundamentals, and mechanics. High intensity drill work with a focus on route running, catching, passing and cover skills.... Continue to learn the game and how to compete!

Grades	Time	Rate	Dates
5 – 7	12:00 PM – 2:10 PM	Session I or II: \$175 Session I and II(Season Pass): \$325 \$30/Drop In Single	Session I: Jan 4,11, 18* (Youth Only), 25; Feb 1,8,15,22 Session II: Mar 1, 8, 15, 22, 29 April 12, 19, 26

Features: Performance Training and Position Work

Training Agenda: □ 12:00-1:30pm: Position Fundamentals □ 1:30-2:10pm: Performance Training, Speed and Agility (optional)

Location: □ Total Sports, 22777 Farmington Rd, Farmington; MI

What to bring: Towel, personal water bottle, football shoes, shorts and t-shirts.

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Squirts

An introduction to basic football fundamentals and the motor skills development required to play the game. Campers will be introduced to ball handling, catching, passing, form running, agility and more. This is a Train and Play program that builds on a different fundamental each week. Start your child off learning the game in an enjoyable environment and watch them grasp the TEAM concept.

Grade	Time	Rate	Dates
1 – 4	12:00pm- 2:30pm	Session I or II: \$175 Session I and II (Season Pass): \$325 or \$30/Single	Session I: Jan 4, 11, 18* (Youth Only), 25; Feb 1, 8, 15, 22 Session II: Mar 1, 8, 15, 22, 29; April 12, 19, 26

Training Agenda: □ 12:00-1:30pm: Position Fundamentals □ 1:30-2:10pm: Performance Training, Speed and Agility (optional)

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