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OYAA Football - TEAM SAQ (Speed/Agility/Quickness) Program

OYAA, in partnership with **SUPERKICK & TRAQ^{3D}**, is pleased to announce the opportunity for ALL OYAA recreation tackle football **TEAMS** to register for a unique program that combines football specific SAQ and indoor team practices on the turf at SuperKick. The goal is to help football athletes learn and improve proper running form, agility, lateral movement, quickness and acceleration, and to build team unity and performance. This program builds on the concepts introduced at the free SAQ Clinics offered in July.

PROGRAM OVERVIEW

- Each team that registers receives four (4), ninety (90) minute sessions at SuperKick.
- Each session consists of 45 minutes of SAQ training with a trainer and a 45 minute team practice at SuperKick. SuperKick features the finest indoor synthetic turf surface in Central Ohio, in a climate controlled environment.
- Coaches schedule sessions to meet the needs of the team. Sessions may be used in Pre-Season, In-Season, or Post-Season based on availability. Sessions must be scheduled at least one week in advance.
- Special Introductory Program Pricing: \$30 per player (only \$7.50 per session)
 - Minimum of 15 players per team required to receive this special introductory price.
 - Payment is due at time of registration. Coaches collect payment from all players and submit team roster and payment prior to the first session. More details will be provided upon registration.
 - All teams that register will receive a special, discounted field rental rate for additional indoor team practices, which can be used for inclement weather, etc.
 - Customized program options (additional sessions, modified format) are available.
- Program Directors include Brian Smith (SuperKick Director-Sports Performance), Butch Reynolds (Olympic Gold Medalist, World Champion Sprinter & Internationally Recognized Speed Trainer), and William White (OSU Football Great & 11 Year NFL Vet).
- To register or for additional information, contact Brian Smith at bsmith@superkickcolumbus.com or 740-657-8888 ext. 205.

Stay tuned to www.oaaa.org or visit www.superkickcolumbus.com to learn more about all program offerings. Thanks for your support and we look forward to sharing more opportunities to improve athletic performance and increase the value delivered in OYAA Sports programs. (Rev. 7/23/10)