



SHARPLEY TRAINING

QB/WR/RB/TE "Lab"

A two-day program designed by former University of Notre Dame QB Evan Sharpley to develop and enhance your skills. Six hours of training will test you physically and mentally.

Grades 7th-12th

- ♦ June 21st 5:00 PM - 8:00 PM
"UNDER THE LIGHTS"
- ♦ June 22nd 9:00 AM - 12:00 pm

Whitmore Lake High School
Football Field

Price

Before 6/8/18

- ♦ QB's: \$75
- ♦ RB/WR/TE: \$25

After 6/8/18

- ♦ QB's: \$90
- ♦ RB/WR/TE: \$40

SKILL DEVELOPMENT

- QBs: Arm care, ballistics and plyocare
- WRs/RBs/TEs: Speed, agility and explosiveness

GROUP ROUTES

STRENGTH/CONDITIONING

- Prowler competition

COOL DOWN/RECOVERY

Register at www.wlps.net/community-recreation

734-449-4461 x 3057 | wlcinfo@wlps.net

Office hours: M/W/F 2:00 PM - 6:00 PM

