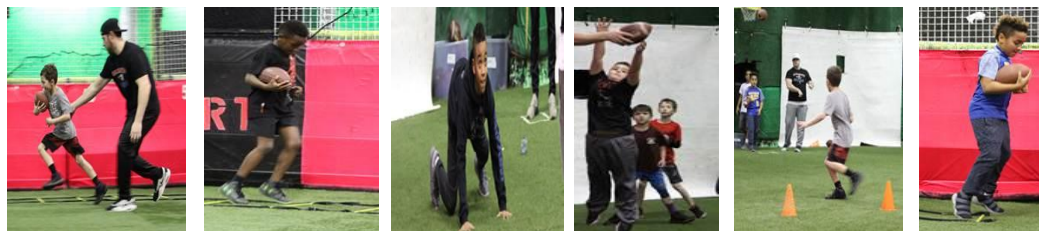


Get ready for off-season Football training 2018!!!

Our Football Program has been going on 7 years strong!

One on one lessons and clinics will be held throughout the spring and summer. These lessons will be taught by Paul Cambra & Dillon Ryan, who will be doing specialized lessons for quarterbacks, wide receivers, running backs, and safeties, along with teaching just general football skills. Our goals are to prepare all football players for all aspects of the game. You can do the SAS class as well to complete your game, along with the football clinic: 2 hours of training (4 Week Program)



Quick Calendar layout

May

Day	Dates	Time	Age	Program	Cost
Tues	May 1, 8, 15, 22	5-6 P.M	9-13	SAS	\$75
Link: https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2111138					
Tues	May 1, 8, 15, 22	6-7 P.M	9-13	Overall Football	\$75
Link: https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2111121					
Thurs	May 3, 10, 17, 24	6-7 P.M	9-13	WR / RB	\$75
Link: https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2114318					

Cost: \$125 for 2 Program (special)

Link <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2067521>

Football Programs:

Football Overall Clinic: This will be a 4 week spring football clinic designed to teach kids tackling, blocking, passing, catching, pass coverages, speed & agility, and conditioning.

Football Wide Receivers / RB Clinic: This will be a 4 week clinic specifically working on Wide Receivers and Running Back

SAS Program (Speed, Agility, Strength) Complete your Game!!!!

Overview: Speed/Agility and Strength Training will *complete your game*, allowing you to sharpen your skills, get stronger, and become more athletic. Ultimate Sports SAS program get the most out of its athletes. Speed, Agility, a ND Strength are just some of the components we focus on during this program. The results that our athletes have shown in the training facility can be seen immediately with their performance on the athletic field. It is very apparent that those athletes who spend time honing their skills at Ultimate Sports reap the benefits on the field.

Quick Bios:

Paul Cambra: played wide receiver and running back. He was the Captain and went all-State both Junior and senior year of high school. Paul holds many of School Records.

Masuk's Paul Cambra is going All-State

Paul Cambra has been named to the 1995 first team All-State football squad.

Cambra was selected to the defensive team as a defensive back. The first All-State football player at Masuk since 1986, Cambra has started 31 consecutive games in his Masuk career.

He was one of the team captains this past year and set a school record for interceptions in a single game with four (New Milford this year). Paul led the team in interceptions this past year with six and was also the leading receiver with 28 receptions. He also led the team in kick-off re-

turns with a 21 yard average.

Cambra was instrumental in turning the Masuk football program around. "His leadership this past year was outstanding," athletics officials said.

"Paul is one of the hardest hitters I have ever coached," an official said.

Cambra was a two-time All-WCC selection and played a major role in our winning the Briggs Division title for the first time in ten years," the official said and added "leadership and all-out style of play will be sorely missed next year."

Cambra is a member of the var-

sity baseball program. He is a three year starter in baseball and was an All-WCC outfielder last spring. Cambra also is a member of the indoor track team, competing in the 55-meter dash, and he

is a member of the 4 x 200 meter relay team.

He is considering attending the University of South Florida and would like to play football and baseball in college.



Dillon Ryan:

2009 senior season

- QB 1200 passing yards
- 975 rushing yards
- 36 passing tds,
- 17 rushing tds

Recruited by Boston College, Temple, University of New Hampshire, Merrimack College, and University of Delaware.

Ultimate Sports Pre-Sale Summer Camp

Summer Baseball Camps - This will be a 5 day comprehensive baseball training program designed specifically by age group and will **stress** the fundamentals of fielding, throwing, hitting, and game strategy. The participants will be taught by the expert staff of Ultimate Sports. Each client will be tested on how hard they throw the speed at which they hit a ball (BBS), and will be educated in how to increase both their arm strength and BBS. We also do an evaluation on every client.

Time: 9:00 - 12:00 PM

Ages: 5-7 / 8-10 / 11-12

Location: Ultimate Sports (Mon, Weds, Fri) working on Skill work / Tuesdays & Thursdays are at McNamara Field in Cheshire. (Working on live games, outfield, base-running and more)

Notes: Each participant is required to bring their own snack and lunch if they are doing SAS.

Also: We will be doing an SAS Class. SAS (Speed, Agility and Strength) we will be doing SAS Special for 3 days a week. Mon, Weds and Friday from 12:30 - 2:00- The SAS class Will be the week of the summer camps and run after the camps.

Ex: for Mon, Weds, Fri – Baseball Camp – 9-12 P.M (12:00 – 12:30, break in Party Room) 12:30 – 2:00 - SAS

Summer Camps Weeks

Week 1) June 25

Week 2) July 9

Week 3) July 23

Week 4) Aug 6

Week 5) Aug 20

Package Deal Summer Camp and SAS

Summer & SAS Camp Special for the 1st 20 Sign ups!!!

This Special is good for the 1st 10 Sign ups. (Plan Ahead) This special will probably sell out by the end of the week. Normal cost is \$250 per week.

1 week Special - \$150 (Savings \$100)

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2052755>

3 weeks Special - \$400 (Savings \$350)

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2052758>

5 Weeks Special - \$550 – (Savings \$700)

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2052760>

Normal cost: \$175 for summer \$75 for SAS = \$250

Team Training: For the Team training Ultimate Sports Staff will give some pointers on hitting during the hour. The team will have use of the full arena, which is divided into 2 cages, 70 ft. by 20 ft. wide, 20 ft. height. They will be using the Virtual pitching machines - A righty pitcher and a lefty pitcher. Machines throw TRUE live hitting and go from speeds of 40 mph to 100- along with curveball, sliders, changeups and sinkers. The team will also use the bat speed cage, which will tell you the players BBS speed – Ball, Batted, and Speed – like hit velocity on TV. The main reason why we are doing this to give back to our clients and their teams, along with giving teams the opportunity to train with TRUE live hitting.

Note: Hitting at ultimate is all in 1 area and kids will get proper instruction along with having fun. Also, it gives their coaches a hand. 1 hr for 100 – link: : <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2113857>

Birthday Parties: Come to Ultimate Sports & Party Center to celebrate your next birthday! We guarantee that it will be the ultimate party experience and will put a smile on the birthday boy/girl and all of their guests. Where else can you go and play the sports of your choice in a full size arena and have your own private party room immediately after? At Ultimate Sports you can have both! Ultimate Sports has made another upgrade to its parties. Since the Glow in the Dark Parties is in such high demand, we decide to make the Arena GLOW more. We repainted the Green monster so it will glow. We also did the whole arena border so everything is unique

Standard Package: Max # of participant up to 20
Length: 1 hour & 45 minutes
1 hour in the arena, pick the sports of your choice (organized by ultimate staff members)
45 minutes in 1 of our 3 themed party rooms. Design your party/theme using your own supplies. (We supply tables, chairs, tablecloths, freezer, and refrigerator)
Cost: \$225 (Requires \$100 Deposit)

Ultimate Package: Max # of participant up to 20
Length: 2 hour & 45 minutes
2 hour in the arena, pick the sports of your choice (organized by ultimate staff members)
45 minutes in 1 of our 3 themed party rooms. Design your party/theme using your own supplies. (We supply tables, chairs, tablecloths, freezer, and refrigerator)
Cost: \$325 (Requires \$150 Deposit)

Ask about our Membership and Sports Specific Training

Ultimate Sports, 120 Church St Yalesville 06492 203-265-1961 www.ultimatesportsandtraining.com