

# 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 is 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)

### Starts 1<sup>st</sup> week in April

Tues 5-6 P.M SAS

Tues – 6-7 P.M Overall Football



Thurs: 6-7 P.M SAS

Cost: \$125 for 2 hour Program

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

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

**Overview:** We all know that Speed and Strength training are extremely important in training for any sport. Many athletes are only focused on the sport skills and are lacking in this area. 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, and 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.

Day	Dates	Time	Age	Cost	Max of 10 kids
Tuesday	April 3,10,17,24	5-6 P.M	8-13	\$75	

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2067517>

Day	Dates	Time	Age	Cost	Max of 10 kids
Thursday	April 5,12,19,26	5-6 P.M	8-13	\$75	

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2067520>

### Football Programs: (Starts 1<sup>st</sup> week in April)

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

Day	Dates	Time	Ages	Program	Notes
Tues	April 3,10,17,24	6-7 P.M	7-9&10-13	Overall	Monthly (4 Weeks – April)-\$75

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2067508>

### Football Clinic Special in March – Wide Receivers, Running Backs – Only \$60

Day	Dates	Time	Ages	Program	Notes
Tues	March 6, 13,20,27	7-8 P.M	9-13	WR/RB	Monthly (4 Weeks – March -\$60)

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2082549>

### 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, University of Delaware.

March 2018

## Pitching School (4 Weeks)

this clinic aims to teach proper throwing techniques and the fundamentals of pitching, while improving velocity and control. There will be a maximum of 6 kids for this program and everybody will be tested on the radar gun

Day	Dates	Time	Age	Cost	Max of 10 kids
Thursday	March 1, 8, 15, 22	6-7 P.M	9-12	\$75	

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2068949>

### SAS – Speed, Agility, Strength

Day	Dates	Time	Age	Cost	Max of 10 kids
Thursday	March 1, 8, 15, 22	7-8 P.M	8-13	\$75	

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2068963>

## April In-Season Programs

Day	Programs	Dates	Time	Age	Cost	Start Date April 9 (4 Weeks)
Mon	Overall	April 9,16,23,30	5-6 P.M	8-12	\$75	

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2067539>

Day	Programs	Dates	Time	Age	Cost	Start Date April 9 (4 Weeks)
Mon	Hitting	April 9,16,23,30	6-7 P.M	8-12	\$75	

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=2067541>

## 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 1<sup>st</sup> 20 Sign ups!!!

This Special is good for the 1<sup>st</sup> 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**

### Ask about our Membership

Ultimate Sports, 120 Church St Yalesville 06492 203-265-1961 [www.ultimatesportsandtraining.com](http://www.ultimatesportsandtraining.com)