

## Get ready for off-season Football training 2017 !!! Our Football Program has been going on 6 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 & Joe Winoski, 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.

### Quarterback one on one Special - Only \$99 for 4 visits (one on One) – this could be use for other positions as well

Dillon Ryan will be working with quarter backs on a one on one. Lessons will be covering (Ball handling, Throwing mechanics, , SAS, etc..). This special can also be used for Defense of back, receivers and just starting out in football.

### Special with Dillon (4) 30 mins for \$99 – good for 1<sup>st</sup> 5 sign ups

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1801804>

### Special with Joe (4) 30 Mins for \$99 – this could be use for SAS, Strength Training or Football

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1798714>

**June Football Overall Round 3** -This will be a 4 week spring football clinic designed to teach kids tackling, blocking, passing, catching, pass coverages, speed & agility, and conditioning.

Day	Time	Ages	Program	Start Date	Cost
Tues	6-7 P.M	7-9&10-13	Overall Football	June 6th	\$75

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1846900>

#### **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:**

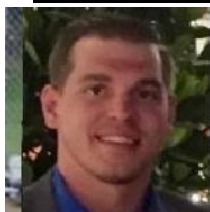
#### **2009 senior season**

- 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.

#### **Joe Winoski:** Joe is an alumni from Platt High School where he was a 3 sport Athlete (Baseball, Football and

Wrestling). He also went All Conference (2 sports) and Class L Runner up in 2009 for wrestling. Joe graduated from CCSU in 2014 with a Bachelor of Science Degree in Exercise Science and Human Performance. Joe is currently finishing up Coaching for the Platt HS Wrestling team. He holds American College of Sports Medicine (ACSM) Health Fitness Specialist (HFS) certification. He will be working with clients in football, baseball along with SAS – Strength, Agility Speeds.. He has been working with athletes at all ages/sports and levels



# Summer Baseball Clinics 2017

## *“Baseball the way it’s supposed to be”*

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

**Location:** Ultimate Sports (Mon, Weds, Fri) working on Skill work  
In the summer Tuesdays & Thursdays are at McNamara Field in Cheshire.  
(Working on live games, outfield, baserunning and more)

**Notes:** Each participant is required to bring their own snack.  
Any session less than 5 days will be prorated.

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

Multiple Week Discounts					
# of Sessions	1	2	3	4	5
Cost Per Session	\$175	\$160	\$150	\$140	\$130

**Week 1) June 26<sup>th</sup>**

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1775350>

**Week 2) July 10<sup>th</sup>**

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1775351>

**Week 3) July 24<sup>th</sup>**

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1775353>

**Week 4) Aug 7<sup>th</sup>**

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1775354>

**Week 5) Aug 21**

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1775355>

### Team Training Rental !!!

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 (2) Virtual pitching machines - A righty pitcher and a lefty pitcher. Both 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, Speed – like hit velocity on TV.



**Summer SAS Special** – Mon, Weds, Fri – same week as camp weeks – 12:30 – 2:00- \$50

**SAS Program** (Speed, Agility, Strength) Complete your Game!!!! (4 week Program)

### 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.

**Weeks of SAS – after baseball camp - Mon, Weds, Fri 12:30 – 2:00 – Ages 7 – 13 – Only \$50**

**Week 1) June 26, 28<sup>th</sup>, 30<sup>th</sup> // Week 2) July 10<sup>th</sup>, 12<sup>th</sup>, 14 // Week 3) July 24<sup>th</sup>, 26<sup>th</sup>, 28<sup>th</sup> // Week 4) Aug 7<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup> // Week 5) Aug 21<sup>st</sup>, 23<sup>rd</sup>, 25<sup>th</sup>**

Link: <https://tms.ezfacility.com/OnlineRegistrations/Register.aspx?CompanyID=3850&GroupID=1854393> \$50 for 3 days 12:30 – 2 P.M

**Birthday Parties**

Come to the 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 everyone who attends. Where else can you go and play sports of your choice in a full size arena and have your own private party room?

**CALL TODAY TO BOOK YOUR PARTY!!!**  
**203-265-1961**

**WHAT WE OFFER**

- One-on-One Training (Baseball, Softball, Football, Speed & Agility Strength & Conditioning)
- 25 Week Overall Baseball Clinic
- 25 Week Hitting Clinic
- Summer Baseball Camps
- Specialized Clinics (Pitching, Catching, Fielding)
- Team Training
- Cage Rentals (Virtual Pitching Machine)
- Birthday Parties
- Fundraisers
- Merchandise (Gloves, Soft Hands, T- Shirts, Headbands, Bats)
- Glove Steamer

**COUPON FREE 15 MIN CAGE TIME !!!**  
Good for one use only