



# 5th Annual



*Free*

*Open to  
9th - 12th Grade Students*



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**SPEED \* STRENGTH \* POWER \* AGILITY**

**May 21, 2016  
9:00 am - 3:00 pm**

**Torne Valley Sports Complex  
99 Torne Valley Road  
Hillburn, NY**

Featuring:

### **Universal Drills**

- 40 Yard Dash**
- Power Ball Toss**
- Vertical Jump**
- 5-105 Shuttle Drill**

### **Academic Challenge**

- On Site Essay Contest**
- Contact Person:**  
**Coach Carl Jenkins 914-584-7264**  
**Email [cuse57@optonline.net](mailto:cuse57@optonline.net)**

### **Position Skill Drills**

- Quarterback**
- Running Back**
- Offense/Defense Lineman**

