



6th Annual



Free

Open to  
9th - 12th Grade Students



Free

Open to  
9th - 12th Grade Students

SPEED \* STRENGTH \* POWER \* AGILITY

May 13, 2017  
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

