

A COMPLETE SERIES OF LESSONS : SUMMER 2017

5th Annual QB ACADEMY

- 🏈 QB lessons are open to any athlete from any school interested in playing quarterback.
- 🏈 During each lesson we will work on Essential Quarterbacking Traits; fundamentals, inside chalk talk, outdoor field work, player development, and vital leadership skills.

Two Sessions: A Combined 10 Lesson Series

🏈 Varsity Session June:

June 12, 13, 15, 19, 20, 22 (Mon, Tues, Thurs)

- Essentials/Fundamentals to Maximizing QB Play
- Throwing Fundamentals
- Footwork Musts
- Quick Passing Game – 3 Step Drops
- Dropback Passing Game – 5 Step Drops
- Pocket Awareness
- Escaping Pressure the Correct Way
- Throwing on the Run
- Intro to Coverage Recognitions & Field Zones
 - “Perfect Practice”
 - “Knowledge & Confidence”
 - “No Excuses - Mental Toughness”



🏈 Varsity Session July:

July 6, 10, 11, 13 (Thurs, Mon, Tues)

- Essentials/Fundamentals of QB Play Review
- Throwing Fundamentals Review
- EZ Throws – TD Plays
- Play Fakes & Ball Handling
- RPOs - Multiple Read Plays
- Attacking Coverages
- Finding the Weakness in a Defense
 - “Perceptions - Influence”
 - “Courage – Peer Pressure”
 - “Let Your Game Speak”

🏈 Youth Session (June Only):

June 12, 13, 19, 20 (Mon, Tues)

- Fundamentals to Maximize QB Play
- Throwing Fundamentals
- Play Fakes & Ball Handling
 - Character/Leadership Training

(7th – 12th Grade QB's)

11:30 – 1:00PM (time may be adjusted with RCC schedule)

Inside Chalk Talk, Outdoor Field Work,
Player Development and Leadership Training,
QB Academy T-shirt

Youth (3rd – 6th Grade QB's)

1:00 – 2:00PM

Inside Chalk Talk, Outdoor Field Work,
Player Development and Leadership Training,
QB Academy T-shirt

Cost: \$90 for Youth (4 lessons)
\$160 for Varsity Sessions
(10 total lessons)

Location: Union High School (UMAC)

What to Bring:

Football shoes, inside shoes (weather reasons only), own football (if needed), water and/or snacks

Parents and/or coaches are welcome to attend

Contact:

Coach Richard Roepke

roepke.richard@unionps.org

UNION QB ACADEMY REGISTRATION FORM

Athlete's Name _____ Phone _____

Street _____ City _____ State _____ Zip _____

Grade Entering (2017-2018) _____ Shirt Size (circle one): YS YM YL SM M L XL XXL

Parent's Name _____ Emergency # _____

(Please ✓ select)

- 7th – 12th Grade:**
Lessons (Mon, Tues, Thurs) (June & July)
- 3rd – 6th Grade:**
Lessons (Mon, Tues) (June Only)

\$160 7th – 12th Grade

\$90 3rd – 6th Grade

Make Checks Payable to Union Public Schools

Contact:

Coach Richard Roepke roepke.richard@unionps.org

PARENTAL CONSENT

I certify that my child has been examined by a physician and has been found to be in good health and able to compete in all camp activities without restriction. In addition, I acknowledge that I have medical insurance to cover the cost of any injury or illness that may occur during my child's participation in this camp. Furthermore, I authorize the staff of the UNION QB ACADEMY 2017 to act for me according to their best judgment in an emergency requiring medical attention. I hereby release the UNION QB ACADEMY 2017 and Union Public Schools from all claims resulting from any injury my child may sustain while attending this camp.

Parent/Guardian (PRINT) Date

Parent or Guardian's Signature Date

Make all checks payable to Union Public Schools

**Please send payment and registration to:
Union Athletics
6836 S. Mingo
Tulsa, OK 74133**

Monday	Tuesday	Wednesday	Thursday	Friday
June 12th <i>Day 1 – HS</i> <i>Day 1 – Youth</i>	13th <i>Day 2 – HS</i> <i>Day 2 - Youth</i>		15th <i>Day 3 – HS</i>	
19th <i>Day 4 – HS</i> <i>Day 3 – Youth</i>	20th <i>Day 5 – HS</i> <i>Day 4 – Youth</i>		22nd <i>Day 6 – HS</i>	
25th Off	26th Off		28th Off	
July 3rd Off	4th Off		6th <i>Day 7 – HS</i>	
July 10th <i>Day 8 – HS</i>	11th <i>Day 9 – HS</i>		13th <i>Day 10 – HS</i>	