



COVER ONE TECHNIQUE SCHOOL

SKILL POSITION TRAINING



WHY COVER ONE?

NFL & Division 1 Level Technique Training
Comprehensive Skill Evaluation
Focus on development of Fundamentals and Techniques.
Sessions include: Quickness, Agility, and Conditioning.
Train where the Pro's Train



TRAINING SESSIONS

4 SESSIONS - 140

8 SESSIONS - 250

12 SESSIONS - 320

GREENBELT SPORTSPLEX

10011 Good Luck Road

Glenn Dale, Maryland 20769

Thursday's Beginning Jan. 6, 2011 6pm or 7pm

Saturday's Beginning Jan 8, 2011 7-8am Session 1 & 8-9am Session

HOWARD COUNTY SPORTS CENTER

6742 Dorsey Rd

Elkridge, MD 21075

Tuesday Beginning Jan 4, 2011 8-9pm Session



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Registration Info

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