

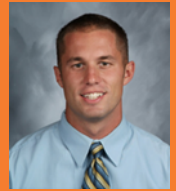


YOUTH FOOTBALL LINEMEN TRAINING

Are you ready to get a jumpstart on the competition? These football-centric training sessions are designed to instill and develop skills essential for strong offensive and defensive line play. Each 30 minute session will incorporate drills and activities that will enhance athleticism and linemen fundamentals.



Instructor



Mike Franta

**Lincoln-Way East Football
Defensive Line Coach and
Strength & Conditioning
Coordinator**

- ❖ Helped produce the SWSC defensive player of the year in each season as LWE's defensive line coach.
- ❖ During the 09-10 postseason, six former defensive linemen played in NCAA bowl games or NCAA/NAIA playoff games.
- ❖ Notable LWE DL alumni playing at the college level: Kyle Bookhout (Navy) Colin Luczynski (EIU), Corey Smith (SXU), D.J. Pirkle (NIU), Adam Gettis (Iowa), Dan Giordano (Cincinnati).

Cost

- ❖ **Individual:**
\$30 per 30 min session
- ❖ **Groups of 2-3:**
\$20 per 30 min session
- ❖ **Groups of 4-6:**
\$15 per 30 min session

Location

- ❖ Training sessions will occur at Bodytech Total Fitness in Mokena, IL.

Contact

- ❖ For more information, please email Mike Franta at mikefranta@yahoo.com