



## **“Inclined Training Camp”**

*Learn all the elements of speed  
agility, biomechanics, sprinting, dynamic  
training, and athletic attitude to increase  
your competitive edge for any sport.*

Our experienced camp staff includes M.A.D.E Sportz trainers:

### **Jamal Felton**

Coach Jamal has been coaching football in the Poway Unified School District for eleven years. He is a former collegiate student athlete (football) at both Palomar College and the University of Rhode Island (1999-2002). We can't wait to have fun working with your athletes, giving them some beneficial tips in the process! You can visit Coach Jamal's facebook page at [www.facebook.com/madesportz](http://www.facebook.com/madesportz).

**When:** January 27th & February 2<sup>nd</sup> at 2:30pm-4:00pm

**Where:** Westview High School

**Who May Attend:** This is a community program, everyone is invited.

**What to Bring:** Sport attire, cleats and running shoes, water, no colored drinks.

**Cost:** \$25 per session

\*Bring a canned food product to help us feed the hungry and receive a **\$5 discount** on registration! All canned products will benefit <http://www.sandiegofoodbank.org>

Every participant will receive a Wolverine Youth Football Tee.

To register go to: <http://www.pqwyfc.com> and find Upcoming Events