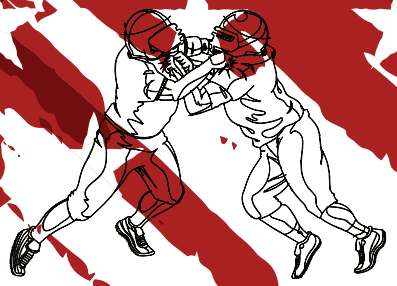
You will…

- ☆ Improve your football mindset
- ☆ Focus on mental aspects of the game
- ☆ Learn tips and tricks you can use before, during, and after the game
- ☆ Improve your core body strength
- ☆ Learn how to accelerate
- ☆ Improve your foot speed and agility
- ☆ Reinforce proper hand-striking technique
- ☆ Improve your stance & work on dynamic stretching

Get off the sideline and in to the game!



Football Lineman Camp

January 8th, 2019
5 weeks, Tuesdays & Thursdays
10 Sessions
$125

Presented by:

THE MOTIVATOR
SHUT UP AND LIFT
Personal Fitness Training

Tucson AZ 85715 • 513-906-5438
www.motivator.net

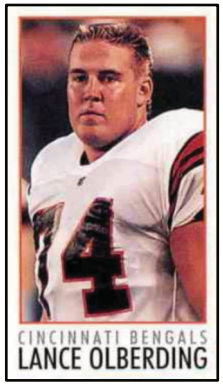
Coach Details Sign-up

Get off the sideline and into the game by improving your lineman skills.

You'll learn the best techniques from former NFL Offensive Lineman Lance Olberding.

Lance Olberding

- Hamilton Tiger Cats, Canadian Football League (1993)
- New England Patriots Practice Squad (1993)
- Cincinnati Bengals Offensive Tackle (1992)
- Minnesota Vikings Practice Squad (1992)
- Randolph Oilers, Boston (1991-1992)
- University of Iowa Hawkeyes (1989-1991)



When
January 8th, 2019
5 weeks, meets on Tuesdays and Thursdays (10 sessions total)

High School meets from 5:00-6:15pm
Junior High meets from 6:30-7:45pm

Where
Residence and practice field of
Mike Masunas
9636 E Bush Hill Place
Tucson AZ 85749

Tuition
$125 paid by check or Venmo by 1/15/19

Early sign-up discount of $25 if paid by 12/15/18

1. **Contact Coach Olberding to reserve your space**

   Phone: 513-575-6924
   eMail:
   lance.olberding@gmail.com

2. **Pay $125* by check or Venmo**
   Check:
   Lance Olberding
   c/o The Motivator
   7831 E. Wrightstown Rd, #115
   Tucson AZ 85715
   Venmo:
   @Lance-Olberding

3. **Download, print, fill-out, and bring the participation waiver to your first session**

https://motivator.net/pdf/waiver.pdf

***$25 discount for payments received by 12/15/18**

Improve your agility, strength, & technique