



Velocity Sports Performance is proud to welcome an amazing opportunity to learn the skills of what it takes to become an elite lineman in football. In addition to the skills training that Coach Hitchcock will provide, our own Bill Welle will take the players through an active-dynamic warm-up and educate them how to become more explosive, quicker, stronger, and more powerful through specific athletic enhancing and career extending training programs.

Why would you need to attend? The **Hitchcock Lineman Academy** is like no other program – from the classroom briefing, to the warm up, to the training session – all areas are designed exclusively for offensive linemen.

Take your game to the next level by attending the **Hitchcock Lineman Academy** now, so you can play at a higher level next season!

The Hitchcock Lineman Academy will include the following:

Classroom Session:

- ✓ Introductions
- ✓ Setting Expectations
- ✓ Adding to Your “Toolbox”
- ✓ How You will Improve and Recruiting Tips

Technique Work:

- ✓ Stance
- ✓ Body Control
- ✓ Positioning
- ✓ Leverage & Balance

Run Game:

- ✓ Stance
- ✓ Fundamentals in Base and Zone Blocking
- ✓ Pulling
- ✓ Zone Combinations

Passing Game:

- ✓ Proper Pass Sets
- ✓ Footwork
- ✓ Hand Placement
- ✓ Shoulder Positioning

Date: Sunday, April 25th, 2010

Time: 8:30am-11:00am (Session 1)
11:30am-2:00pm (Session 2)

Who: Young men currently in grades 9-11 (Session 1)
Young men currently in grades 7-8 (Session 2)

Where: Velocity Sports Performance – Champlin, MN

Cost: Payment of **\$99** payable to Velocity Sports Performance due at time of registration
Registration deadline is **April 23rd, 2010**

Note: No equipment necessary – *just football cleats!*
Each session must have a minimum of 6 athletes to run.

*If you are looking to improve your game, please fill out the attached registration form to enroll in the Hitchcock Lineman Academy today! **Limited to the first 14 athletes!***

To learn more, contact Velocity Sports Performance

8900 109th Ave | Suite 700 | Champlin, MN 55316

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Ray Hitchcock's Biography:

1983-1986 University of Minnesota

- ✓ 4 Year Starter
- ✓ 4 Year Letterman
- ✓ Williams Scholar 1984
- ✓ 2nd Team All Big Ten 1985, 1986
- ✓ Played in 1985 Independence Bowl
- ✓ Played in 1986 Liberty Bowl
- ✓ Played in 1986 East West Shrine Game
- ✓ Bruce Smith Award Winner
- ✓ Captain 1986 Team
- ✓ Drafted by Washington Redskins 1987 Draft

Washington Redskins 1987-1989

- ✓ Member of 1987 Super Bowl Championship Team

Past Awards

- ✓ Ramsey County Lions Club Co-Athlete of the Year along with Brother Ed Hitchcock
- ✓ March of Dimes Amateur Athlete of the Year
- ✓ Inducted Johnson High School Hall of Fame 2006

Current Activities

- ✓ Member University of Minnesota M-Club
- ✓ Member University of Minnesota Goal Line Club
- ✓ Member of NFL Alumni Minnesota Chapter
- ✓ Member of Johnson High School Governors
- ✓ NFL Alumni Club
- ✓ Offensive Line Coach Cretin Derham Hall 2000-Present
 - Coached 2009 5A State Champion
 - Coached 13 Division 1 Offensive Lineman
 - Coached in 4 Minnesota 5A Prep Bowl Championship Games
 - Coached in 9 State Tournaments
 - Coached in 10 Section Finals Games
 - Record of 47-4 over the last 4 Years
 - Currently Coaching Seantrel Henderson/Rival's #1 Recruit in the Country



Why Do You Train?®

The Special Event you are here for: *Hitchcock Lineman Academy* _____

Participant's Name: _____ M/F: _____ DOB: _____ Age: _____ Grade: _____

Parents Name(s): _____ Email Address: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Emergency Contact Name and Number: _____

 I am interested in learning more about Velocity Sports Performance's core development programs.

Does the participant have any medical conditions we should know about that may affect their participation today? Y N

If yes, please explain in detail: _____

As used in this Waiver and Release Agreement, "Participant" means the person considering becoming a client or visiting our facility to participate in a special event conducted here; "you" also means the Participant, but includes the Responsible Party if the Participant is less than 18 years old; the "Responsible Party" is the Participant's parent or other adult who is legally responsible for the Participant; and "we" means the Velocity Sports Performance franchisee that owns the facility. By signing below, you agree to all the terms and conditions in this agreement and certify that you have read the entire agreement, so please read it carefully.

1. Rules. The Participant must follow all Velocity rules and regulations for using the facility as well as when participating in off-site VSP activities.

2. Damage to Facilities. You must pay us for any damage you or your guests cause to our facility or property. When damage to our facility occurs, you will be asked to sign a "Damage Report". From there we will assess the damages, receive appropriate bids for repair and will collect necessary payments from you at that time.

3. Waiver and Release. Participating in athletic activities carries an inherent risk of injury, even if the greatest care is exercised. Accordingly, Participant and their guests may injure themselves while attending or using our facility or participating in any of our activities or programs. Participant and their guests, therefore, assume all risk of personal injury, death, property loss, or other damages that may relate to attending or using our facility or participating in any of our programs or activities. By assuming those risks, you and your guests waive, and release all claims you or your guests may have or may want to assert against us, our affiliates (including our franchisor), and our affiliates' owners, officers, directors, managers, employees, agents, and representatives (the "VSP Group") for any such personal injuries, death, property loss, or other damages connected to or arising out of any of the aforesaid risks. You and your guests release the VSP Group from all claims, damages, demands, rights of action, causes of action, and liabilities, present or future, known or unknown, anticipated or unanticipated, resulting from or arising out of the Participant's and its guests' attendance at or use of our facility or their participation in any of our activities or programs, including, without limitation, those arising from our negligence or that of any other member of the VSP Group. You and your guests also release all members of the VSP Group from all liability relating to loss, theft, or damage to personal property—including, without limitation, automobiles and locker contents.

4. Arbitration. All disputes and legal claims that you or your guests may have with or against any member of the VSP Group must be resolved through binding arbitration conducted by the American Arbitration Association.

Parent/Guardian (if Participant is under the age of 18) or Participant's Signature

Date