

# HOLY TRINITY

*Catholic High School*

*Middle School*

# FOOTBALL ACADEMY



## SKILL DEVELOPMENT

Students will train with a dedicated coach to develop football skills on a daily basis while achieving physical education outcomes.

## FITNESS TRAINING

Students will receive daily fitness and conditioning training.

### SEMESTER TWO ONLY

#### Middle School

Core (ELA, SS, Sci, Math)  
Health/Religion  
2 Electives  
Academy

**\$700**

### Daily Schedule

	Feb. 12 - Apr. 26	Apr. 26 - June 27
7:10 am	Travel from HT to MI	Arrive at HT Outdoor
7:30 am - 8:30 am	Academy Programming	Academy Programming
8:30 am - 8:45 am	Change	
8:45 am - 9:05 am	Travel from MI to HT	Change
9:10 am	Start Block 2	Start Block 2

### INFORMATION NIGHT

May 23, 2017

6 pm - 7 pm

THEATRE

*Hear more about the BuiltToPerform philosophy, enjoy a Q&A on academy programming, and meet the coaches.*

### REGISTRATION NIGHT

May 29, 2017

6 pm - 8 pm

Main Office

### PLF FRIDAY CLINICS AND TRAINING

Available to all Academy students

#### Training Skills

SMART Goal Setting, Team-building games, nutrition, physical testing, injury prevention, sport physiology, portfolio development.

#### Extra Fitness Opportunities

Yoga, speed, balance, flexibility, muscular strength, muscular endurance.

# #HTBuiltToPerform

#KnightKnation

#WeAreFMCSO