

# “BEASTS Club” Extreme Workout

## Football Emphasis

**Session 1** Flag 12 pm-1:00 pm

Grades k-4<sup>th</sup> (\$10)

**Session 2** 1:30 pm – 3:00 pm

Grades 5<sup>th</sup>-8<sup>th</sup>

**Session 3** 3:30 pm – 5:00 pm

Grades 9<sup>th</sup>-12<sup>th</sup>

**Date:** **Saturday, May 21<sup>st</sup>**

**Location:** EATC-The Warehouse- across from Wal-Mart, next to Radio Shack.

**Cost:** \$20 per session. \$10 if you currently train at the warehouse.

Workouts include a 5 min warm-up, (5) 15 min stations and a 10 min cool down. Stations include- Speed and Agility, Judo- falling techniques, Bulgarian Power Bag, Football Skills.

### Coaches:

#### Cade Ackley-

Owner of EATC

5 yrs Coaching Football at Soda Springs H.S

5 yrs Coaching Football at Highland H.S

1 yr Coaching Football Northern Lights (Finland) HC, OC

5 yrs Training 4<sup>th</sup>-12<sup>th</sup> grade athletes

5 yrs Judo

#### Jason Wright DB/WR/KR/PR:

B.A. Sociology (2009) M.A. Sociology (2011)

DB- Idaho State University (04'-08')

#### Sean Ruten DL/OL:

B.S Exercise Science (2011)

DL- Idaho State University

LB- Century H.S.

#### Anthony Esplin

2<sup>nd</sup> degree black belt Tae kwon do

Eagle Scout

Highland H.S. Wrestler 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> place state finalist

4yrs Training with Bulgarian Power Bag, Certification (2011)

#### George Yarno OL/DL/LS:

OL-University of Nevada Reno

OL-Idaho State University

2Yrs Coaching Highland H.S.

Due to limited availability, pre-registered athletes will have priority. You may register the day of the 21<sup>st</sup> if openings are available. Please mail the bottom portion along with payment to pre-register.

Make Checks Payable to: Cade Ackley

---

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Session: (circle) 1 2 3

Email Address \_\_\_\_\_ (for future camp information)

Please mail to: Cade Ackley  
520 W. Young  
Pocatello, ID 83204

Questions Call: 208-380-2619