

THE BOB RAINFORD QUARTERBACK ACADEMY



@ DON BOSCO HS every Thursday for four weeks starting March 25th. 2010



The Bob Rainford Quarterback Academy is a one of its kind performance and skill building academy for quarterbacks in Ontario.

Bob Rainford is the former University of Toronto, University of Guelph & York University offensive coordinator during those schools heydays in the 1980's & 1990's.

Coach Rainford's years of experience as an advisor & counselor to community, high school, university and professional coaches and players has benefitted far too many to mention here.

Bob will provide these student athletes, who play quarterback with an outstanding foundation and insight to being a quarterback. Bob knows what it takes to get to the next level both academically and in football.

The Quarterback Academy is designed to offer younger and older quarterbacks of all ages an opportunity to further develop the skills required for high performance in this highly unique position

*****Session limited to 10 Quarterbacks******

***** Registration and Fees must be received to confirm your spot*****

Session One: March 25, Apr. 1, 8, 15	6:45pm to 8pm
Session Two: March 25, Apr. 1, 8, 15	8:15pm to 9:30pm
Session Three: Apr. 22, 29 May 6, 13	6:45pm to 8pm
Session Four Apr. 22, 29, May 6, 13	8:15pm to 9:30pm

Registration Fee: \$225.00

procamp@rogers.com or 519-206-7101

- *"Coach Rainford is truly gifted in being able to take your game to the next level and beyond", QB Tyler Pritty 2009 Metro Bowl Champion & MVP*
- *"I have known Bob for many years. His knowledge of the quarterback position is one of the finest. He has a passion and a love for teaching as well as coaching the position", Marc Trestman, HC Montreal Alouettes, Grey Cup champs 2009*
- *"If you want to improve your overall fundamentals and techniques at the quarterback position and learn the little details that will turn the average player into a player that can lead his team to the game winning touchdown Coach Rainford is the coach your are looking for. Bob is the most astute and knowledgeable QB teacher I have seen in my 30 years of coaching. I've seen the results first hand." Tom Gretes Toronto Northern HS*

Topics Covered Include:

1,2,3,5,7 Step drops • Play action • Sprint out • Footwork • Reading Defenses • Ball handling/Faking • Option • Leadership • Motivation

Don Bosco HS gym is located just south of Islington and Hwy 401. 2 St Andrew's @ the corner of Islington. Parking Available. Report to the Gym
Please indicate which session you prefer. If chosen session is full you will be notified and made aware of next available classes.

Session 1
 Session 2
 Session 3
 Session 4
 Please Check Your preferred session

Make Cheque or Money Order Payable to All Pro Football: 550 King St. N., P.O. BOX 42071, Waterloo, ON., N2L 6K5

NAME _____ SCHOOL _____

AGE _____ GRADE _____ HT _____ WT _____ COACH _____

COMMUNITY TEAM _____ COACH _____

ADDRESS _____ CITY _____ POSTAL _____

PHONE _____ CELL _____ EMAIL _____

