##  **Northern Virginia Homeschool Athletic Association**

## **Centurions Football Team**

2015 Off Season Training

WHAT: The NVHAA Centurions Football Team is hosting Several Training Sessions

WHEN: 1-3 p. m., Saturday, 18 April, 2 & 16 May, 20 June, 2015.

WHERE: The Centurions home football field located at 8730 Sudley Rd, Manassas, VA (behind the Rock Building at Manassas Baptist Church).

WHO: Any young men ages 13-18 who are interested in playing high school sports, especially football. No prior experience or skills required. First time participants are very welcome! Bring a friend and come on out!

WHY COME: Spring Training is a perfect opportunity to:

* Meet the coaches and other prospective players
* Explore the sport of football
* Test your speed and agility skills for any sport
* Play some football in a relaxed, but controlled environment.

Attendance at training does not require a commitment to play in the fall.

NOTE: High school football is one of the best extracurricular activities to list on college applications and highly regarded by college admissions officer's! Also, homeschooler's can count all physical activity hours towards a high school PE Credit.

COST: All Saturday trainings are FREE!

ATTIRE: Workout clothes (t-shirt, shorts), cleats if you have them, sneakers if not, water bottle.

For more information on Spring Training contact:

Coach Jim Judkins at jethro773@gmail.com or at 678-577-0276, or Coach Dillon Goodell at strengthcoach@nvhaacenturions.org.

For More Information on the team:

Website: <http://www.nvhaacenturions.org/>

Facebook: <https://www.facebook.com/CenturionsFootball?ref=bookmarks>

Email: admin@nvhaacenturions.org or call 540-827-7040