



QUARTERBACK TRAINING

ASAP is now offering a workout program specific to quarterbacks. Former NFL quarterback and ASAP trainer Tyler Sheehan has developed a program that combines speed and agility with quarterback skills training.

This program will:

- Improve footwork
- Improve speed and agility
- Improve throwing mechanics
- Teach the athlete to read defense
- Teach the athlete to watch film
- Condition the athlete



Tyler's Bio

Signed as a Free agent with the NFL's Houston Texans in 2009... Played at Bowling Green State University from 2006-2009... Attended LaSalle High school from 2002-2006... At BGSU started 38 straight games from 2007-09 ... threw for 10,117 yards and 70 touchdowns, both second-best in school history ... completed 966 of 1,494 passes for a 64.7 completion percentage, all BGSU records ... added 348 yards and 14 touchdowns on the ground ... earned All-MAC in 2007 and 2009 ... was named MAC Player of the Week seven times ... threw for 505 yards versus Kent State, a school record ... threw for a school record 4,051 yards in 2009

Session 1 : June 5 - June 30

Session 2: July 3 - July 28

Workout times: Tuesday and Thursdays @ ASAP

Grades 8-12 @10-11am

Saturdays 10:15-11 @ Oak Hill High School

Cost: \$280 per session

Contact Jamie Ray

513-288-1417

jray3684@yahoo.com