



a proud member of the



GREATER CATHOLIC YOUTH LEAGUE FOOTBALL COMBINE

Train like the Pros with the Pros at the 1st Annual GCYL Football Combine. Tekulve Acceleration Training invites you to a day of fun and information as we join with the GCYL to deliver an NFL style football combine. Wellington Orthopaedic and Sports Medicine will provide an educational program, on today's pressing issues in youth football, for parents and coaches.

Schedule of Events

8:30am	Registration
9:00am	Warm-up
9:15am	Instruction
10:15 -12:30pm	Combine Tests

**Saturday July 10, 2010
Turpin High School**



- Heat Stress and Acclimatization
- Concussions

Combine Tests

- 40 Yard Dash - Laser Timing System
- Standing Long Jump
- Pro Agility Shuttle Run
- Vertical Jump
- Pushups replace the bench press

➔ How Do YOU Compare to the NFL Class of 2010? ➔

Fastest 40:	4.28 sec	Jacoby Ford	Clemson WR
Highest Vertical Jump:	43.5 inches	Dorin Dickerson	Pittsburgh TE
Quickest Pro Agility Shuttle:	4.03 sec.	Blair White	Michigan State WR
Longest Broad Jump:	132 inches	Chris Cook	Virginia DB

***** Only \$35.00 per player! *****

***** Pre-register prior to June 30th and receive a Combine T-Shirt! *****

Pre-registration packets available at: www.accelerationtraining.com