



Power2Perform Receiver Academy 2009

The Power2Perform Receiver Academy is one of the only high performance and skill building academies of its kind in Canada. **GEROY SIMON** is Power2Perform's guest receiver coach for the 2010 Receiver Academy. Geroy Simon attended the University of Maryland where he finished second on Maryland's all time receiving charts. Geroy is a nine year veteran of the CFL. He is a 5 time CFL All Star, and in 2006 was the CFL's MVP.

The Receiver Academy is designed to offer receivers an opportunity to further develop the skills required for this highly specialized position.



Topics Covered Include:

- ✓ Stance and Starts
- ✓ Blocking
- ✓ Route Running
- ✓ Releases
- ✓ Footwork
- ✓ Ball Handling
- ✓ Leadership
- ✓ Mental Preparation



The Receiver Academy will host this mini camp at the Burnaby 8 Rinks Indoor Turf field in conjunction with the Quarterback Academy. This 5 hour session will consist of 4 - 1 hour skill sessions followed by a classroom session on:

Leadership
Motivation
Post Secondary/Academic Advice
(Hosted by Coach Prepchuk)

****Session limited to 12 Receivers****

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

Dates: Session One: Jan. 20, 27, Feb. 3, 10*
Session Two: April 7, 14, 21, 28*

* Time 5:00 p.m. - 6:00 p.m.

*Denotes a classroom session from 6:00 p.m. - 7:00 p.m.
Registration Fee: \$250.00

