

Carty Quarterback School

QBs & WRs

Happy New Year! I would like to congratulate so many of you who had outstanding 2010 seasons! (The alumni update section of our website will hopefully soon reflect these successes) I was proud to hear about all of you guys this year.

Now that March is on the way it is time to get ready for next year. Our family is ready to begin our weekly Sunday workouts on our new turf field at Bound Brook and continue them throughout the spring.

QB-WR Workout
Sunday March 6
6-8 Grade 9:45-11:45
9-12 Grade 12:00-2:00
Bound Brook High School

For those of you unfamiliar with the format, here it is: I will take the WRs and Kevin will take the QBs. We will do fundamental work, including catching the football, release from the line of scrimmage against press and off coverage, break points, and run after the catch. The basic idea behind the lessons is to give the WRs consistent guided repetition in the basic necessary receiving fundamentals for the beginning of each session, and then provide variety and attempt to build toward more advanced skills and situations later in the workouts. We finish most workouts with 25-30 minutes of throwing routes with the quarterbacks. The cost of each two-hour workout is \$60 for quarterbacks and \$40 for receivers.

We implemented this format last year, and I feel that it provides the optimal amount of instruction, repetition, and rest for rapid improvement, as well as camaraderie with other motivated athletes.

While walk-ups are definitely welcome, when possible, please inform me if you are planning on attending so I can ensure that we are adequately staffed. Do not hesitate to contact me with any questions or suggestions.

Additionally, we have added some bulk rate pricing options for those of you who are interested in attending multiple sessions. Please see below for details.

Thanks
Sean Carty
(908)720-5942

Sunday Workout Pricing Options

There will likely be 17 workouts throughout the spring. As always, anyone is welcome to pay as you go. However, if you are interested, we are offering discounted rates for multiple sessions purchased.

Single 2 hour workouts

QB - \$60

WR - \$40

12 Sessions for the Price of 10

QB - \$600 for 12 workouts

WR - \$400 for 12 workouts

6 Sessions at 10% off

QB - \$324 for 6 workouts

WR - \$216 for 6 workouts