

# BE A CHAMPION

## *Plan. Prepare. Perform.*

**BE A CHAMPION** is the Lehigh Valleys premier source for football specific clinics, 7 on 7's and seminars. Our mission is to provide young men with the knowledge and skills necessary to excel, both on and off the field.

The **BE A CHAMPION** program emphasizes eleven critical values we believe support character development and ultimately championship performance. These values are: be a **B**eliever, be **E**nthusiastic, have a positive **A**ttitude, be **C**aring, be **H**onest, be **A**ccountable, be **M**odest, have **I**ntegrity, be **O**pen minded, and make **N**o excuses.

### Skills Clinics & 7 on 7's

**BE A CHAMPION** is offering a series of skills clinics and 7 on 7's for students in grades 5 thru 8. The first hour and half of all sessions will be a position specific clinic led by a collegiate coach, followed by a 7 on 7 competition.

- ⇒ **Sunday, April 7th at 2pm**—Coached by Jimmy Terwilliger, Head Coach, East Stroudsburg Univ.
- ⇒ **Sunday, April 14th at 2pm**—Coached by Jeff Pukszyn, Head Coach, Moravian College.
- ⇒ **Sunday, April 28th at 2pm**—Coached by Bobby Acosta, Offensive Coordinator, Bucknell University.
- ⇒ **Sunday, May 5th at 2pm**—Coached by Kings College Staff.
- ⇒ **Sunday, May 19th at 2pm**—Coached by Millersville Staff.

### Big Man Clinics

**BE A CHAMPION** is offering a series of Big Man Clinics for students in grades 5 thru 8. Clinics will be focused on Offensive and Defensive Line play and will be led by a collegiate coach.

- ⇒ **Sunday, April 7th at 2pm**—Coached by Mike Santella, Offensive Line Coach, East Stroudsburg Univ..
- ⇒ **Sunday, April 14th at 2pm**—Coached by Chris Leavenworth Offensive Line Coach, Moravian College.
- ⇒ **Sunday, April 28th at 2pm**—Coached by Matt Borich, Bucknell Univ. Assistant HC/Defensive Coordinator.
- ⇒ **Sunday, May 5th at 2pm**—Coached by Kings College Staff.
- ⇒ **Sunday, May 19th at 2pm**—Coached by Millersville Staff.

### Seminars

**BE A CHAMPION** is offering a series of seminars to help young aspiring players and their parents navigate the complex landscape of today's sports.

- ⇒ **Thursday, March 7th at 6pm**—"Sports Nutrition and Performance Enhancement 101", Topics covered: Sports Nutrition, Strength Training, Flexibility, Speed & Agility Training, Rest & Recover and how to choose the right performance enhancement program. Seminar provided by Coordinated Health & Sports Performance.
- ⇒ **Thursday, April 25th at 6pm**—"College Recruiting 101", learn the in's and out's of the football recruiting process from the coaches themselves. Representatives from NCAA Division 1, 2 and 3 will be present.
- ⇒ **Thursday, May 9th at 6pm**—"Mind of the Athlete: Clearer Mind, Better Performance"" Dr. Jarrod Spencer, presented by renowned Sports Psychologist, Founder of Mind of the Athlete.

Reserve your spot today at [www.beachampion2019.com](http://www.beachampion2019.com)

*All events are held at Bethlehem Catholic HS, 2133 Madison Ave. Bethlehem, Pa 18017*