



OPS FOOTBALL WINTER TRAINING SCHEDULE:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WINTER 2023/24:	4:30p - 5:30p Middle School Football Training	4:30p - 5:30p Elementary Football Training	4:30p - 5:30p Middle School Football Training	4:30p - 5:30p Elementary Football Training	Coaches plan for next week. Fill out player evaluations. Prep for 7v7.	Rec League / 7v7 The Yard	7v7 Practices
	5:30p - 6:00p Performance 1 (Middle School)	6:00p - 6:30p High School Speed Training	5:30p - 6:00p Performance 1 (Middle School)	6:00p - 6:30p High School Speed Training			
	6:00p - 6:30p Performance 2 (High School)	6:30p - 7:15p - Group 1 High School Training	6:00p - 6:30p Performance 2 (High School)	6:30p - 7:15p - Group 1 High School Training			
	6:30p - 7:15p - Group 1 High School Training / Trenchwork		6:30p - 7:15p High School Training / Trenchwork				
	6:30p - 7:30p Adult Performance		6:30p - 7:30p Adult Performance				



OPS FOOTBALL TRAINING PRICING / PACKAGES:

OPS FOOTBALL DROP IN PRICING:

45 MIN FOOTBALL ONLY - \$15 / PER SESSION
75 MIN FOOTBALL / PERFORMANCE & SPEED - \$25 / PER SESSION

1 HR SMALL GROUP TRAINING: \$30 / PER SESSION

(1 HR ADULT PERFORMANCE - \$15 / PER SESSION)

OPS FOOTBALL PACKAGES:

FOOTBALL ONLY TRAINING PACKAGES-

5 SESSIONS - \$68 (SAVES \$1.40 PER SESSION)
10 SESSIONS - \$128 (SAVES \$2.20 PER SESSION)
15 SESSIONS - \$180 (SAVES \$3 PER SESSION)

FOOTBALL & PERFORMANCE TRAINING PACKAGES-

5 SESSIONS - \$112 (SAVES \$2.60 PER SESSION)
10 SESSIONS - \$212 (SAVES \$3.80 PER SESSION)
15 SESSIONS - \$300 (SAVES \$5 PER SESSION)