

QLD TOUCH FOOTBALL Q PERFORMANCE ACADEMY

Coming to Mary MacKillop Term 4

Enhance your game with elite Touch Football Skills Training at the Q Performance Academy.

The Q Performance Academy is a six-session touch football clinic for competitive athletes ages 10-16 looking to elevate their game. At the Q Performance Academy, you will compete individually throughout the touch football skills circuits, and take on your peers in head to head competitions to improve all facets of your game, on and off the touch field.

THE Q PERFORMANCE ACADEMY INCLUDES:

- Professional and Intensive Touch Football Skills Circuits
- Head to Head Competition
- Athletic Performance Focus
- Special Guest Coaches
- Q Academy Strength and Conditioning Drills
- Game Management Concepts
- Coach Development Opportunities

6 SESSION ACADEMY
\$100
PER PERSON

Location: Mary MacKillop Catholic College
Dates: Monday 12th October – Monday 16th November
Time: 3:30pm – 5:00pm

CLICK [HERE](#) TO REGISTER

