

TRAIN REAL ATHLETICS PRESENTS
SUMMER 2K25

PASS RUSH VS PASS PRO TRENCH WARS CLINIC

POWERED BY ADVENTHEALTH SPORTS PARK AT BLUHAWK

DAY 1

FRIDAY NIGHT KICKOFF: FUNDAMENTALS & COMPETITION
5:00 PM – 8:00 PM

- ✓ MASTER THE BASICS
- ✓ PRE-TEST CHALLENGE

DAY 2 PT 1

SATURDAY WORKDAY: MASTER THE TRENCHES
9:00 AM – 11:00 AM

- ✓ PRECISION FOOTWORK
- ✓ HAND COMBAT MASTERY
- ✓ TRENCH IQ
- ✓ GAME SPEED DRILLS

DAY 2 PT 2

**SATURDAY MIDDAY BREAK – REFUEL AND RECOVER (OPTIONAL,
NOT REQUIRED)**
11:00 AM – 1:00 PM

- ✓ DISCOUNTED MEALS AT THE NUTRITION CENTER
- ✓ HOT & COLD TUB RECOVERY

DAY 2 PT 3

**SATURDAY SHOWDOWN: TRENCH WARS (PARENTS AND FAMILIES ARE
INVITED TO COME WATCH!)**
1:00 PM – 3:00 PM

- ✓ SYSTEMS REVIEW
- ✓ TRENCH WARS CHALLENGE
- ✓ PARENTS AND FAMILIES – JOIN US DURING THE FINAL SESSION TO WATCH YOUR ATHLETE DOMINATE THE COMPETITION, MEET OUR SPONSORS, CHECK OUT EXCLUSIVE PRODUCTS, ORDER CUSTOM GEAR ON-SITE, AND MORE!