



2023 Arlington Catholic Cougar Football Clinics



Clinic Dates:

June 26, 2023

June 28, 2023

July 10 , 2023

July 12, 2023

Time: 6:30-8 PM

Location: Kathleen A. Hintlian Athletic Field located at 24 Summer Street Arlington, MA 02474

The spread offense has revolutionized football at all levels, and no spread offense has done more to transform and modernize football than the **Air Raid Offense**. Created in the 1990's by Hal Mumme and Mike Leach, the Air Raid transformed football from a grind it out contest for survival, to a fast paced, wide open, **FUN** game that is enjoyable to watch, **and exciting to play**. In addition, the Air Raid is safer than traditional football systems because it deemphasizes live contact. In fact, you can practice the Air Raid without much live hitting at practice, and still be ready to play, perform at a high level, and

compete with the best. Fun and safety adds up to more scoring, more wins, and more years injury free playing the great game of football. **Sounds like a Win-Win!**

The Air Raid has transformed our program at AC, and at the *Cougar Football Clinic*, we want to show you how to transform your playing skills to get ready to play the modern game of football at the next level, whether that is Middle School, High School, or College.



The Cougar Football Clinic is designed to train young QB's, RB's, WR's, TE's , and Offensive Linemen (Yes! Linemen will be trained as well!) in the drills, skills, and techniques necessary to be great at throwing, catching, blocking, and defending in the modern passing game. Each attendee will receive individual and group instruction from our staff, and will be taught skills that are transferable for the attendee to continue their training at home. We will also train players in how best to defend the passing game. And at the end of each session, we will have non-contact competitions and 7 on 7 games.

Clinic Directors

Dave Wilcox- Arlington Catholic Head Coach and O-Coordinator/ Quarterbacks Coach



Contact information: dwilcox@achs.net Cell: 617-240-5950

Lamont Harris-Arlington Catholic D-Coordinator and Defensive Backs Coach- Head Coach Arlington MS



No football equipment is required for the clinic(there is no live contact), however we are asking all clinic attendees to please bring:

1. A mouth piece
2. Cleats
3. A football (youth size or regular is acceptable) with attendees name written on it
4. Plenty of water
5. A small towel

—
There will be a certified AT at every session.

Price per session is \$50.00. If you sign up for all 4, it is \$140.00.

Any Youth or Middle School Coaches who send their players to the clinic can contact Coach Wilcox directly for a special invite and clinic on installing the Air Raid at the youth/middle school level!

Contact Dave Wilcox. dwilcix@achs.net or by cell 617-240-5950