

Program Information

What Is It:

The Creative Stone Design **QB ELITE** program

Is a FIVE week quarterback training program designed to improve physical and mental quarterbacking skills. The program is divided up into THREE sessions per week—a total of 15 sessions! All sessions will last 1 ½ hours, with half of the time focused on technique and the other half spent on extensive classroom instruction (board work, film study) that focuses on defensive recognition and attack.

This is not just a passing program; it is a QUARTERBACK program. This program is designed to develop complete quarterbacks.

Who Can Apply:

Any athlete entering the 9th–12th grade may apply for the Varsity program. Athletes entering the 6th–8th grade may apply for the Junior High program. Dedicated, coach-able, and hard working athletes only, please.

Why Apply:

The application process for the QB Elite Program is a unique feature. Each program will be limited to only 20 participants. Because the program lasts five weeks, and because participants will be working and learning as a group, the application process helps to ensure the overall quality of the program. Only dedicated, coach-able, and hard working athletes will be accepted. **A letter of recommendation must be included.**

How To Apply:

Fill out the application form on the back and mail it to: *Air It Out Enterprises, Josh Blankenship*
409 N Palm Ave, Broken Arrow, OK, 74012

Be sure to include a brief letter of recommendation from your coach. DO NOT send money.

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When:

Summer schedule for five weeks on Mondays, Tuesdays, and Wednesdays.

Junior High Sessions will be 1:00–2:30pm.
Varsity Sessions will be 3:00–4:30 pm

Week 1: June 14, 15, 16

Week 2: June 21, 22, 23

Week 3: June 28, 29, 30

Week 4: July 5, 6, 7

Week 5: July 12, 13, 14



Where:

Union High School, Union – Tuttle Stadium

6836 S. Mingo Road, Tulsa, OK.

Mingo Road is between Memorial and Garnett Roads, near Highway 169, in south Tulsa. The football stadium is located between 61st and 71st streets on Mingo. Workouts will be held on the grass practice field. Classroom sessions will take place in a film room at the UMAC.

Private sessions may be scheduled on an individual basis.

Mental Instruction:

The most unique feature of the program is the classroom instruction. There will be FIFTEEN forty-five-minute sessions. Participants will learn the mental dynamics of the Quarterback position. An in depth QB manual will also be provided.

Session 1:

QB Thought Process–
Pre-Snap

Session 2:

QB Thought Process–
Post-Snap

Session 3:

Man vs. Zone

Session 4:

Recognize and Attack
Man Coverages

Session 5:

Recognize and Attack
Cover 3

Session 6:

Recognize and Attack
Cover 2

Session 7:

Recognize and Attack
Cover 4

Session 8:

Specials: Cover 8, Cleo

Session 9:

Specials: Cover 6,
Cover 2-Man

Session 10:

Specials: Cloud, Sink

Sessions 11-14:

Review and Film Study

Session 15:

Final Exam

Tuition:

The cost includes fees for instruction, QB Manual, and T-Shirt.

Varsity/Junior High Program –
\$480.00 That equals \$32.00 per session!!!

Private Sessions –
\$70.00 per session

Please DO NOT pay with application.

Instructor:

COACH JOSH BLANKENSHIP

Played 5 seasons of professional football. Josh was a record setting passer in high school and was named the Oklahoma Player of the Year in 1998. At the University of Tulsa Josh was named WAC Freshman of the Year. He finished his college career at Eastern Washington as an All-American quarterback and was signed by the Miami Dolphins. His career also included stays with the Austin Wranglers, Edmonton Eskimos, Memphis Xplorers, Stockton Lightning, and the Tulsa Talons. Josh is entering his 8th year as a coach, and he is currently the Passing Game Coordinator and Quarterbacks coach at Union High School.

Contact Info:

Please contact Coach Blankenship with any questions.



918-606-1390

blankenship.josh@unionps.org



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THE  QB ELITE PROGRAM - 2010

PARTICIPANT APPLICATION FORM

Please fill out form in its entirety. Please return by mail before JUNE 1st. Along with completed application form, please include a letter of recommendation from one of your football coaches. If accepted, you will be notified and given specific details and information regarding your participation.

NAME: _____ AGE: _____ GRADE: _____
SCHOOL: _____ HEAD COACH: _____
HOME ADDRESS: _____
PHONE: _____ EMAIL ADDRESS: _____

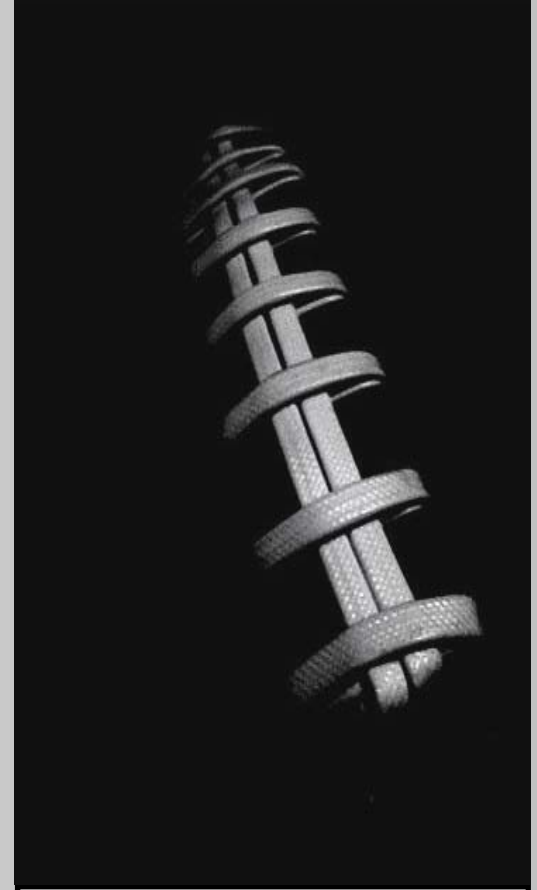
WHY DO YOU WANT TO ATTEND THE  QB ELITE PROGRAM?

WHY SHOULD YOU BE ACCEPTED INTO THE PROGRAM?

The



QB ELITE PROGRAM



5 WEEK PROGRAM
PHYSICAL AND MENTAL
QUARTERBACK
INSTRUCTION