



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ATHENS YMCA FOOTBALL & BASKETBALL TRAINING WITH TONY SORRELLS

Training offered for all positions and includes:

- Strength and Conditioning
- Speed and Agility Drills
- Basic Fundamentals
- Safety and Proper Technique
- Ages 7 and up

Price:

\$180 for four 1 hour long sessions

**Please contact Tammy Langford,
tammy@athensymca.org, for more
details including training dates
and times**

ABOUT TONY:

Tony Sorrells is a 1990 graduate of Madison County High School, where he excelled in both Football and Basketball. He was a part of the 1988 state championship team for the Red Raiders. Tony was selected to play in both the North and South Allstar and Georgia/Florida games in 1990. Tony is currently the varsity running back coach and assistant varsity basketball coach for Clarke Central High School. Prior to coaching high school sports, he coached youth league football in the Athens area for 8 years.

REGISTER NOW AT THE YMCA!

915 Hawthorne Avenue
Athens, GA 30606
(706) 543 - 6596



athensymca.org