



OneOnOne Kicking NFL Pro Summer Training Birmingham, AL



Pro Daily Schedule – June 25th-July 8th



- 1:00-3:00pm – Kicking / Punting / Snapping at UAB Football Operations Center
- 4:00pm – Weight and Speed Training at Tinsley Performance
- ****Off Day**** (Every Wednesday) 4:00pm – Mobility & Recovery Day at Tinsley Performance

Location Information

- Tinsley Performance – Sports Training, Sports Conditioning
135 Belcher Dr, Pelham, Alabama 35124
- UAB Football Operations Center – Training Field
1219 6th Ave South, Birmingham, AL 35233

UAB Football Operations Center to Tinsley Performance – 17 min via I-65 S

Other Important Dates & Info

- July 2nd-4th – Off days (resume daily schedule on July 5th)
- Friday, June 30th - Top Golf Birmingham Outing
- Thursday, July 6th – Perry's Steakhouse & Grille Dinner
- Date & Time TBD – Barber Motorsports Park (Porsche Track Experience)
- Housing Contact – Brittany Rudolph (205) 451-6020
 - *For if you need a place to stay or room together*

