



OneOnOne Kicking College & High School Summer Training Birmingham, AL



ONE WEEK	TWO WEEKS	THREE WEEKS
Session 1: May 7 - May 13	Session 1-2: May 7 - May 20	Session 1-3: May 7 - May 27
Session 2: May 14 - May 20	Session 2-3: May 14 - May 27	
Session 3: May 21 - May 27		
ONE WEEK	TWO WEEKS	THREE WEEKS
Session 4: June 4 - June 10	Session 4-5: June 4 - June 17	Session 4-6: June 4 - June 24
Session 5: June 11 - June 17	Session 5-6: June 11 - June 24	
Session 6: June 18 - June 24		
ONE WEEK	TWO WEEKS	THREE WEEKS
Session 7: July 9 - July 17	Session 7-8: July 9 - July 24	Session 7-9: July 9 - July 29
Session 8: July 16 - July 24	Session 8-9: July 16 - July 29	
Session 9: July 23 - July 29		

High School and College Athletes Daily Schedule

- 10:00am – Weight and Speed Training at Tinsley Performance
- 3:15-5:30pm – Kicking / Punting / Snapping at Clay-Chalkville High School
- ****Off Day**** (Every Wednesday) 10:00am – Mobility & Recovery Day at Tinsley Performance to train on motor mechanic skills

Location Information

- Tinsley Performance – Sports Training, Sports Conditioning
135 Belcher Dr, Pelham, Alabama 35124
- Clay-Chalkville High School – Training Field
6623 Roe Chandler Road, Pinson, AL 35126
Tinsley Performance to Clay-Chalkville High School –35 Min via I-459N

Other Information

- All players are responsible for providing their own food
- We will provide transportation to players that do not have access to a vehicle, including counselor transportation to the grocery store for food
- Water will be provided on the field, we recommend players to bring their own water bottle due to Covid protocols

