



2008 Seahawks/USA Football Coaching School Agenda Saturday JUNE 28, 2008 – Qwest Field

7:30 AM Sharp

**Coaches Arrive- Sign Waiver – Lombardi Time
Registration – (Seattle Representative/Volunteers)**

Welcome & Clinic Program (Bassel Faltas, Matt Manning, Connie Cate, Carlos Oseguera)

Morning Coaching Theory Sessions

Dee Hawkes – What Every Coach Should Know?

Andy Matthews – Speed and Agility – Focus Fitness and Athletics

Don Papasedero – How to be an Effective Assistance Coach -Juanita High School

BREAK

**Fundamentals & Drills Sessions (Four Stations – Rotate every 20 minutes)
Position Fundamentals & Practice Drills – 4 Station Rotations**

OL – Ed Lucerno – Snohomish High School

QB – Matt Manning – USA Football

Speed and Agility – Andy Matthews – Focus Fitness and Athletics

Tackling/LB – Don Papasedero – Juanita High School

Lunch & Keynote Speaker - Dr. Herring - Seattle Seahawks Team Doctor

High School Team Practice (Individual Defense) – Archbishop Murphy – Dave Ward

**Fundamentals & Drills Sessions (Four Stations – Rotate every 20 minutes)
Position Fundamentals & Practice Drills – 4 Station Rotations**

WR – Bill Marsh – Eastside Catholic High School

RB – Mark Stewart - Meadowdale HS

Special Teams – Dorian Manza - Lynnwood HS

DL / Contact – Steve Chmiel – Eastside Catholic High School

Community Coaching and Theory Sessions

Apple Physical Therapy – Health and Safety

USA Football Presentation – Coaching Program (15 Minutes)

5:00 pm

Gift Bags, Wrap Up & Thank You