



## How to Register for the 2017 Football High Performance Academy

1. Click on [http://varsityblues.ca/sports/2016/1/20/GEN\\_0120160033.aspx](http://varsityblues.ca/sports/2016/1/20/GEN_0120160033.aspx)
2. Scroll down and click on **Football (Every Saturday from Feb. 11 – March 11)**  
**Varsity Blues High Performance Academy**

**Want to take your game to the next level?**

The University of Toronto Varsity Blues High Performance Academy provides talented young athletes. Designed by the Varsity Blues head coaches at the University of Toronto, each academy includes:

- Strength and conditioning training
- Nutrition consultation and injury prevention
- Expert coaching and sport-specific instruction, and
- Access to Goldring Centre for High Performance Sport and Varsity Centre

We offer academy programs in the following sports:

[Women's Volleyball - Passing & Defence Clinic - December 10](#)

[Football \(Every Saturday from Feb. 11 - March 11\)](#)



3. Click on **REGISTER HERE!**



4. Click on the green **Add** button on the top right



**UNIVERSITY OF TORONTO**

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**Course Details**

**High Performance Football Academy - 43100** Add

**Ages:** 12 Yrs. to 15 Yrs.

**Fees:**  
- Registration Fee \$149.00

**Description:**  
*The goal of the Toronto Varsity Blues High Performance Football Academy is to provide football players in grades 7-9 an opportunity to access to the high performance integrated support system that has been developed at the University of Toronto, including access to the Goldring Centre for High Performance Sport, world-class strength and conditioning coaching, nutrition and injury prevention, and football instruction and teaching, in efforts to develop their skills and prepare them to become an elite football player at the high school level.*