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TRAINING CAMP

YALD has kicked off year 12. Although the uncertainty of the pandemic caused a bit of doubt, we here at YALD were determined to provide the best product with the resources available. With COVID-19 seemingly in our rear-view mirror, we are right back at it. This year was an eye opener for me. Players usually come in sluggish and out of shape. This year was the complete opposite. Luis Jimenez and Jordan Ceballo both showed up to camp unrecognizable with each losing over 40 pounds during the offseason. All participants of YALD, whether current players or those looking for a team were in full swing during this session. Throughout the duration of Training Camp, players were pushed beyond both their physical and mental limits.

Unfortunately, standout player for the Packers Matthew Gonzalez suffered a season ending injury. We wish him well and a speedy recovery.

INTRODUCTION

With this ever so evolving world, one constant is that YALD is always looking for ways to evolve and provide the best product to our community. This YALD newsletter is a new addition to the long list of projects. It is designed to not only engage the participants, players, coaches and staff but to bring recognition and notoriety to the program. YALD is very passionate about anything and everything that uplifts our community.

Quote: The future of YALD looks amazing. There are plenty of new players that seem hungry and excited. I've also noticed a lot of young players. This will be the future of YALD – Kelvin Valentin

WORKOUT

1. Four laps around the entire field.
2. Static and Dynamic Stretches
3. Football based drills (high knees, quick feet, walking lunges, shuffles, cariocas, back pedals to sprints, full field sprints).
4. Individual drills and group stations.
5. Offense versus Defense.
6. Full field sprints



Written by: Kelvin Valentin

THOUGHTS & REFLECTION

We at YALD focus on much more than just Football. Yes, Football is the vehicle that drives YALD, but we are much more than just that. Example of that is the community we serve. There are players that want to be a part of YALD but are not the biggest, strongest or fastest. One thing that got me a bit emotional is seeing players like Derek Lemberg teaching the younger generation stances and positions. Players like Jayden Pena encourage the youth to never give up. It's moments like these that make me want to continue doing what I do at YALD.

