

**You want to be the Best?
Come Learn From the Best!**

Portland, Maine's own Quinton Porter, currently playing professionally for the CFL's Hamilton Tiger-Cats is pleased to bring his collegiate and professional training to Southern Maine.

At Portland High School in 2000 Quinton was named the Maine Gatorade and USA Today player of the year. From there he accepted a full-scholarship to Boston College. Highlights from his collegiate career include Chevrolet Player of the game in a victory over Notre Dame and Penn State plus ACC Player of the week honors.

After College Quinton signed as a free agent to the Houston Texans of the NFL, where he spent time on the active roster and as a practice squad player. In 2007, after being released by Houston, he signed with the Carolina Panthers, before deciding to sign on with the Hamilton Tiger-Cats of the CFL. In 2009 he started 9 games for the Tiger-Cats and led them to their first playoff birth.

Quinton is very excited to spend some time during his off season working to develop young quarterbacks and receivers, in order to help them reach their highest potential. He has been fortunate enough to receive instruction from some of the best coaches in Football and now is your opportunity to get some of the same instruction he has had.

The Southern Maine Sportszone is thrilled to have the chance to present Quinton Porter to the Football Community. Please see inside for further details.

Circle One:

**Weekly Clinics
Mini-Camp Feb. 16-18
Mini Camp April. 20-22**

I realize that for myself, that participation in the physical sport that I am undertaking at Southern Maine Sportszone can result in injuries during participation. I have sought the opinion of my physician and he/she concurs that I am fully capable of safely participating in a physical sport. I understand that it is my responsibility in caring for myself and I am confident that I am fully capable of engaging in a physical sport. I agree to hold harmless Southern Maine Sportszone Inc. from any and all legal and financial liability connected with providing facilities for the purpose of participating in athletic and related activities. I, my heirs, executors, administrators and assigns waive, release and forever discharge Southern Maine Sportszone Inc., its directors, employees, any and all related parties from all rights and claims for damages, injury, or loss of person or property which may be sustained or occur before, during, or after participation on the premises of Southern Maine Sportszone Inc. whether or not due to negligence. I take full responsibility for accidents or injury to, or caused by, myself during, participation, or otherwise, while on Southern Maine Sportszone premises. I hereby certify that I have medical insurance to cover injury to myself. In the event of injury or illness, Southern Maine Sportszone Inc. has my permission to seek any emergency medical treatment deemed necessary for myself.

SIGNATURE (Parent if under 18)

Date _____

FOR OFFICE USE ONLY:

DATE REC. _____

AMOUNT _____ REC. BY _____

CHECK# _____ CASH _____
(please make checks payable to Southern Maine Sportszone)

CARD # _____ - _____ - _____ - _____

EXP DATE _____ - _____

**The Sportszone
Presents 1st Down
Football Clinics**



Featuring:

**Quinton Porter
Of the CFL's
Hamilton Tiger-Cats**

- Weekly Clinics Starting Jan. 10th
- Quarterbacks and Receivers
- Focus Training
- Two Mini-Camps -School Vacation Week

Tel: 207-282-4005 Ext 407
● Lenny Holmes
Saco, Maine

Players are made in the Off Season!



Quinton Porter's Quarterback and Receivers camps and clinics, sponsored by Wilson Football, will be hosted by the Southern Maine Sportszone in Saco. The Camps and clinics will be broken into 3 Session Types:

- Clinics Level 1 (ages 10-13)
- Clinics Level 2 (ages 14-18)
- Mini-Camps School Vacation Weeks

Clinics

Clinic Sessions will focus on the honing of specific physical skills for each position. A major point of emphasis will be on footwork and agility as these are essential components to a young players development. Players will learn numerous agility drills they can take with them to continue their training after the sessions end. Quinton will use many of the techniques he has learned throughout his career. The Clinic sessions are not progressive so one does not have to attend every session.

Mini Camps

Mini Camps sessions will continue to utilize the instruction and drills used during the clinics, however with the use of the "Big Field" at the Sportszone players will be put in more competitive football settings. There will also be the opportunity for Quinton to discuss the "X and O's" of football, helping players to learn how to read defenses and make good football decisions.

Focus Training

A portion of all clinics and camps will be dedicated to the development of each players focus and attention, which is an important characteristic of any successful athlete. The benefits of this aspect of the training will be seen across all areas of a young athletes life. It is meant to help promote an overall sense of well being on and off the field of play.

Registration Information

Dates: Clinics begin January 11th
Mini Camps- Feb. 16-18, April 20-22

Times: Clinic Level 1 - 5:30pm - 7:00pm
Clinic Level 2 - 7:00pm - 8:30pm
Mini-Camps - 9:00am - 2:00pm

Clinic Cost - \$25 Per Session, 5 Sessions for \$100 or All Sessions (14) for \$250
Clinics Run every Monday.
Mini-Camps - \$175 per Camp (Grades 7 – 12)

Location: So. Maine Sportszone, Saco
Individual Instruction Available

Registration Form

Name _____

Grade _____ T-Shirt Size _____

Address _____

City _____

Phone Number _____

E-mail _____

Circle One of the Following:

Clinics: Number? _____ or All _____
Feb. Mini-Camp April Mini-Camp

Parents Name _____

Parent Signature _____

Please Return to: (sign reverse side as well)

Southern Maine Sportszone
Attn: Quinton Porter 1st Down Football Clinics
400 North St.
Saco ME 04072

Make Checks payable to Southern Maine Sportszone

**Quinton Porter's
1st Down Football Clinics**



Quinton with Coach Kubiak of the NFL's Houston Texans.

**IT'S TIME TO BRING
YOUR GAME TO THE
NEXT LEVEL!**

**ARE YOU UP FOR THE
CHALLENGE?**

**The Sportszone
Presents 1st Down Football
Clinics**

Contact Quinton Porter at 617-304-4079 for more information or visit: www.smsportszone.com and goto the Camps and Clinics Page.

Phone: 207-282-4005
www.smsportszone.com

Email: lenny@smsportszone.com