

The DQ & CT Gridiron Training is broken up by position, so training is position specific.

Coach DQ teaches O-linemen proper pass-set & run block technique.

Coach DQ teaches D-linemen proper pass rush mechanics & how to defend the run.

Coach Brandon Wellington teaches linebackers learn how to drop in coverage & understand coverage. We teach them the importance of gap responsibility & how to strike & shed O-lineman.

Coach RP teaches DBs how to use proper back pedaling mechanics, & the importance of breaking on a route. Also understanding route concepts.

Coach CT teaches the WR's proper route running, blocking & the importance of identifying the defensive coverage.

"We don't just get guys bigger, faster, stronger. We teach them all of the skills we acquired through playing this game at the D1, CFL and NFL level." Coach DQ

The focus of GRIDIRON is building people. DQ and CT are in the People Building business. Their goal is to let the kids know that they care about the athletes under the helmet. *"Training is a reflection of life. We put them in the most arduous circumstances to show them that this is how life is going to be. If the athlete can bounce back from what we are throwing at them, they can bounce back from whatever life throws at them"* Coach DQ *"We are also building a community of brotherhood, so when these young men are done with football, they have each other's support and can count on each other for life. That is the emphasis on everything."*

Family and community are everything to these coaches. To that end, each athlete who attends GRIDIRON will receive a t-shirt. These t-shirts are to be worn at practice as a "practice uniform" to show unity and family.

Since June, about 20-25 athletes have been consistently participating in DQ and CT's training camps. *"The growth in these athletes has been tremendous. They are all in shape. They are faster. They are stronger. They are more explosive. And they have a better understanding of the game."* Coach DQ. All of these committed athletes have seen measurable and immense results since training started in June. Physical performance will improve as they become more explosive, stronger and have more stamina as they work through the speed, strength and conditioning periods of training.

More than just the physical aspects of the game, The Coaches have seen character building as well: quiet kids coming out of their shells, and overly confident ones become leaders. Their number one goal is to help these young men attain life skills through their training. They are loving the results they have seen so far. Coach CT says, *"I love this*

game of football that we all have been so blessed to take a part in. Teaching and growing with these young men has been an absolute joy. DQ and I will continue to push athletes to be their very best. Pain and doubt is a choice, not an option - this is the mindset we will continue to instill as we strive to be better than yesterday. Thank you, parents, for believing in the culture we are building here."

NFL EXPERIENCED COACHES

Courtney Taylor thought he was going to play basketball for Alabama until his junior year in high school, when he began to focus on football. He capped an incredible, record setting career as a Wide Receiver with Auburn in 2007 with an MVP in the Cotton Bowl. He was drafted by the Seahawks where he played for 3 seasons. In 2011 he headed to BC, where he played for the BC Lions until he retired in 2016. Since his retirement from football, CT has been involved with youth coaching in the Seattle area, coaching at HEIR academy in their 7v7 program and coaching skill players all over the Seattle area, including the number one wide receiver in the country, Emeka Egbuka.

DeQuin Evans didn't start playing football until he was 17. He earned a scholarship to play defensive end for University of Kentucky and was named team captain by his senior year. He played 3 years in the NFL with the Cincinnati Bengals and 4 years in the CFL including a Grey Cup championship with Calgary until he retired from playing in 2017. Since his retirement, DQ has spoken about his unbelievable journey from the ghetto to the NFL, has worked tirelessly to mentor young men in similar situations and has coached great athletes like Joe Tryon, Levi Onwuzurike, and Brandon Wellington, to name a few.

Ryan Phillips is a defensive back CFL Legend. He graduated from Franklin High School and attended Eastern Washington. In 2005, RP joined the BC Lions, where he played until 2016, where he was traded to Montreal to play his final season. During that time, he was named a CFL All-Star 4 times and a CFL West All-Star 5 times. After he retired, he was hired back by BC to be their Defensive Backs Coach.

These incredible coaches have openings in their program and look forward to welcoming more dedicated and driven athletes! To register, please email:

Dequinle@hotmail.com