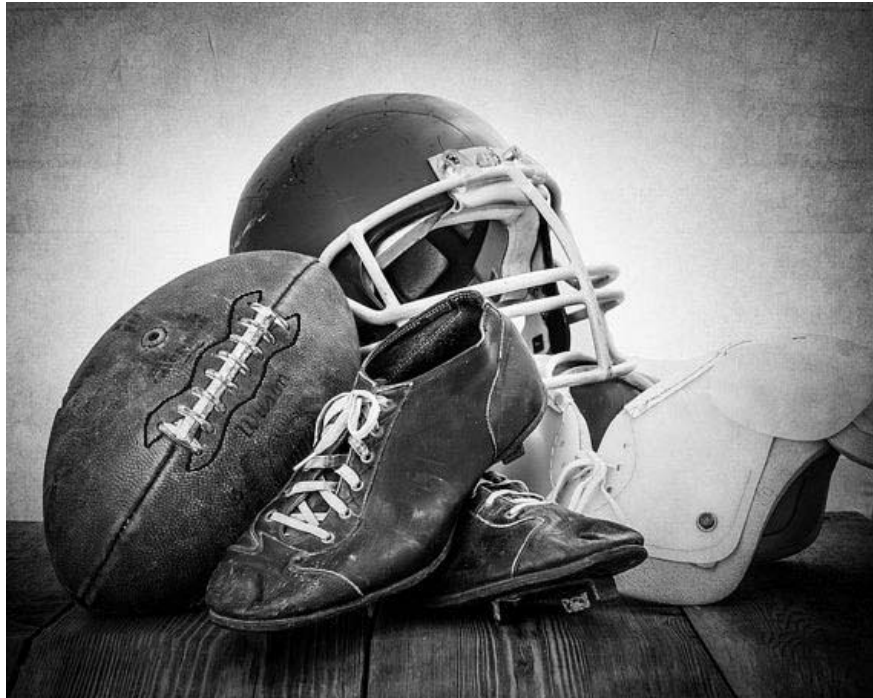


# SECTION ONE

## INTRODUCTION



Chapter One: The Wing T Offense

Chapter Two: The Wing T Lineman

Chapter Three: Strength and Conditioning