

Registration Form

Please Print all Information

Name

Address

Zip Code

Phone

E-Mail

School Attending (next fall) _____

Grade Level Next Fall (please circle)

6th 7th 8th 9th

Shirt Size (adult) S M L XL 2XL 3XL

Parent's Release Agreement :

We (or I) hereby release Arlee Conners, all of the camp staff and Oakville High School, from all the claims on account of injuries which may be sustained by my son (or myself) while participating in the Oakville Tiger Football Camp. In the event of illness or injury, we (or I) hereby give our (or my) consent for medical treatment and permission to the attending physician in connection with my son's attendance at this event. We (or I) certify that my son is covered by medical insurance.

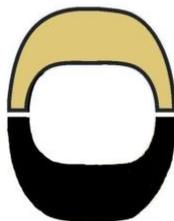
Parent's Signature

Camper's Signature

Medical Insurance Company

Policy Number

Oakville Football
5557 Milburn Rd.
St. Louis, MO 63129



2018
6th -9th Grade
Football Camp

For more
information
contact:

Coach Conners
314-467-7290 (office)
314-467-7293 (voice mail)
email: aconners@mehlvilleschooldistrict.net
website: Ohstigers.com

Football Instruction Camp: The camps will have excellent individual and group instruction of technique in all positions. The Oakville coaching staff will head each of their specialized position groups, teaching and drilling fundamentals. There will be 7on7 along with 1on1 competitive drills where offense and defense will challenge each other. There will also be a special teams portion where athletes learn and practice the fundamentals of kicking, punting, returning, and long snapping.

During this portion of the camp, athletes will learn about the different positions and practice the one that interests them the most.

Offensive Positions **(QB)** stance, exchange, play action passing, setup, throwing release, follow through, and reading defenses-**(RB)** stance, release, ball handling, faking, cutting, blocking, and pass receiving-**(WR)** stance, release, route technique, catching, open field running, and blocking-**(TE)** stance release, run and pass blocking, route technique, and catching-**(OL)** stance run blocking techniques, and pass protection techniques.

Defensive Positions **(DL-defensive ends, defensive tackles, and nose tackles,)** stance, keys, run reactions, pass defense, and pass rush techniques-**(LB)** stance, keys, run reactions, pass drops, and coverages- **(DB-corerbacks and safeties)** stance, man vs zone concepts, bump and run techniques, deflections, and run support.



Speed & Agility Camp: This portion of the camp will allow athletes to improve their flexibility, form running and sprint technique. A focus area of the camp is the form running and speed training. Our staff will help campers gain the maximum potential in their running ability. Campers will experience an increase in speed and flexibility after attending the camp. Awards are give to top performers.

We are all born with a certain potential for speed. Some are born with more potential than others, but a person's actual speed is a combination of his potential and the effort he puts into developing it.

Leave your opponents behind by developing overall athleticism through drills that concentrate on increasing explosive speed, multi-directional quickness, prolonged stamina, core strength, balance, and flexibility.

**SPEED,
AGILITY,
FOOTBALL!!!
ALL 3 IN 1 CAMP
FUN !!!**

COST

Deadline for discount prices is May 25, 2018

\$75.00 early

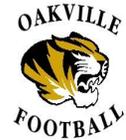
\$85.00 late

Make checks payable to
"Oakville Football"

Oakville High School

5557 Milburn Rd.

St. Louis, MO 63129



FOOTBALL, SPEED, & AGILITY CAMP

July 16-20 & July 23-26

WHO: Those entering grades 6-9

TIME: 6-7:50pm

WHERE: Oakville High School

WHAT TO BRING:

Football cleats, running sneakers, and personal water bottle.