

**NORTH COAST
REDSKINS**

**Middle School
FOOTBALL CAMP**

Grades 6 & 7

2019

June 3 – 7

9:00 am to 11:00 am

DATES

June 3 – 7 9:00 am to 11:00 am

Grades 6 & 7, Grades based on 2018 - 2019 school year.

PLACE

All instruction will take place at
Cuyahoga Heights High School football practice fields,
4820 East 71st Street,
Cuyahoga Hts, Ohio 44125.

COST

Cost for the camp will be \$20 per athlete.
This includes camp T-shirt and snacks.

EQUIPMENT

Each camper should come prepared to play touch football.
Please wear shorts, T-shirt, football cleats and bring tennis shoes in
case we go inside due to weather.

CAMP OBJECTIVES

- To learn the fundamentals of several different positions on a football team.
- To be exposed to drills and thought processes which will help you become a better player.
- To have fun while learning that it takes hard work to make yourself better.
- To learn how to do things the proper way on a football field.
- To develop team chemistry for the upcoming season.
- To learn some basic offensive and defensive plays for the upcoming season.

REGISTRATION

Name: _____

Grade: _____ for 2018 - 2019 school year

Address: _____ City: _____ Zip: _____

Home Phone: _____ Emergency Phone: _____

I hereby desire that my child, who is under 18 years of age, participate in the North Coast Redskin Middle School Football Camp. By execution of this release, I acknowledge and agree that all the requirements, directions, supervision, and standards set by the directors of the camp shall be established for his benefit. I hereby voluntarily assume all risk of accident or injury to my child that may arise out of his participation in the camp, hereby intending to release **Cuyahoga Heights High School and the personnel associated with this program from liability that may result in his participation.

Signature of Parent: _____

Signature of Athlete: _____

I am enclosing \$20. Make check or MO payable to **North Coast Skills Camp** and give to your coach with this registration form.

For more information contact Jory Huffman,
6435 Ruth Dr., Seven Hills, OH 44131
Cell: (330) 317-4211, School: (216) 429-5855.

Daily Schedule

9:00 AM **Warm up and Stretch**

9:10 AM **Fundamental Stations**(water)

9:25 AM **Contest** (water)

9:35 AM **Offensive Individual** (put in some plays for the upcoming season)
Mesh and/or pass

10:00 AM **Team Offense** (versus bags/coaches)

10:15 AM **Break**

10:20 AM **Defensive Individual** (put in defenses for the upcoming season)

10:40 AM **Team Defense** (fits and pursuit)

10:50 AM **7 on 7 or Speed Ball Game**

11:00 AM **Home**