

Antler Football Technique Camp

Purpose:

The purpose of this camp is to promote proper football skills and fundamentals for next year's 7th, 8th, and 9th graders.

Participants learning correct techniques at an early age can have a greater degree of success in the future.

GENERAL INFORMATION:

Participants: Next fall's 7th, 8th, and 9th graders

Fee: \$55.00 for the 4 day camp

Dates: June 7-10

Time: 8:00 AM to 11:30 AM

Location: EHS Northeast Field

What to bring: Wear a T-shirt, shorts, and bring football shoes if you have them. If not, running shoes will be fine. No pads will be used.

Campers will learn:

- Proper stretching technique
- Proper running form
- Appropriate stance and alignments
- Passing skills
- Blocking skills
- Tackling skills
- Receiving skills
- Weight lifting skills and technique

Camp will include:

- Viewing highlight films
- Weight lifting
- Video taping each participant
- Agility competitions
- Numerous camp awards

Each participant will receive:

- A 2010 Antler Football
Camp T-shirt

The following coaches will be camp instructors:

Mark Wortman
John Bacus
Kenny Zach
Steve Gorsett
Jens Gregory

✂ Enrollment Form

Name:

Address:

City:

Zip:

Grade next year:

T-shirt size: S M L XL (men's sizes)

Make checks payable to:
ELKHORN FOOTBALL CAMP

Forms and checks should be sent by
June 4th to:

Mark Wortman
20215 Gateway Rd.
Elkhorn, NE 68022
(402)- 289-3818