

REGISTRATION

Camper's Name: _____ Age: _____ Grade: _____

Height: _____ Weight: _____ M / F (21-22 School Year)

Parent/Guardian Name: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Cell: _____ Email: _____

Health Insurance: _____ Policy Number: _____

Family Doctor Name & Phone: _____

Hospital Preference: _____

Parent/Guardian Health Certification and Medical Release Authorization: I hereby approve of my child(s) participation in the Lancer Youth Football Camp and certify that he/she is in good health and able to participate in all activities. I understand that, in the event medical treatment is required, every effort will be made to contact me. However, if I cannot be reached, I give my permission to the camp staff to secure the services of a licensed physician (or emergency room of a hospital) to provide the care necessary, including anesthesia, for my child's well being. I also understand that my insurance company or I am responsible for any/all medical costs incurred.

Parent/Guardian Signature: _____ Date: _____

Liability Waiver: I agree to hold Lancer Youth Football Camp, and anyone associated with the Camp, free from any liability for any injury, accident, or property loss of any kind while my child is participating in the Lancer Youth Football Camp program.

Parent/Guardian Signature: _____ Date: _____

Men's T-Shirt Size: S M L XL XXL

Cost of Camp: \$60 first child
\$30 each additional child

Amount Enclosed: \$ _____
Please make checks payable to: Friends of Lancer Football

**Please Return Registration Form and Payment to: Lancer Youth Football Camp
106 Maple Drive
Edinboro, PA 16412**



2021 Junior High Football Camp

July 26 - July 30

10am - 12:30pm

For campers entering into
7th or 8th grade



WHEN & WHERE

July 26 - July 30
10:00am - 12:30pm

The north practice field at
General McLane High School.



WHAT TO BRING

- *Cleats (football or outdoor soccer recommended)
- *Shorts/Sweatpants (weather appropriate)
- *Towel
- *Sweat Socks
- *Water Bottle (name written)

FOR FURTHER INFORMATION CONTACT:

Jim Wells, Coach
814-431-5064
jameswells@generalmcclane.org

PURPOSE OF THE CAMP

The purpose of this camp is to promote character development and expose young athletes to the fundamental skills of football. Each participant will receive instruction from varsity coaches in the following areas:

Agility Training
Flexibility
Individual Skills
Nutrition
Proper Training Techniques
Speed
Team Concept

Our goal is for each athlete to learn valuable skills and have a positive experience that they will remember.

~ Coach Wells



All Campers will receive a Lancer
Youth Football T-Shirt!

AREAS OF INSTRUCTION

Offensive Positions

(Athletes will choose one area)

Quarterback: Hand-offs, Pass Drops, Throwing Mechanics, Option Fundamentals

Receiver: Receiving Mechanics, Route Running, Release Moves, Blocking Fundamentals

Running Back: Running Fundamentals, Option Techniques, Blocking Fundamentals

Linemen - Technique, Drills, Blocking Fundamentals

Defensive Positions

(Athletes will choose one area)

Linebacker: Fundamentals, Pass Drops, Zone & Man-to-Man Coverage Techniques

Defensive End/Line: Pass Rush, Techniques, Defending Option, Defending the Run

Defensive Back: Fundamentals, Ball Reaction, Zone & Man Coverage Techniques

(Linemen can choose to work as a unit with coaches during the entire camp.)

TYPICAL CAMP SCHEDULE

9:45	Coaches are Available
10:00	Flexibility/Running/Fundamentals/ Plyometrics
10:20	Individual Offensive Skills
11:00	Water Break
11:05	Individual Defensive Skills
11:30	Games/Competition