

Camp Info:

This flag football instructional camp is designed to teach fundamentals in all phases of youth football. Youths attending the camp will come away having fun, as well as a better understanding of the techniques and rules of football. This week will expose new players to the game, as well as getting returning Plainsmen Jr. football players ready for the upcoming season.

DATE:
Mon. 6/28 – Thurs. 7/1/10

TIME: 9:30am to 12 pm

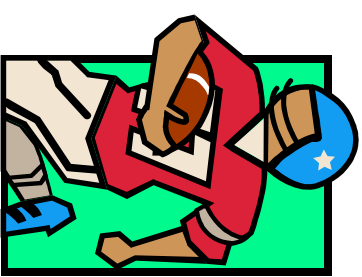
LOCATION: Orenda
Practice Field on Shen
Campus

FOR: Kids entering 1st - 3rd
grade this fall, interested in
learning/playing **football**.



**Big
Green**

**FLAG
FOOTBALL
SKILLS CAMP**
2010



Date: 6/28 to 7/1/10

Time: 9:30am to
12pm

Location: Orenda
Practice Field

For: Kids entering 1st
-3rd Grade this
fall, interested in
learning/playing

SCOTT MCCART
61 MICHELLE DRIVE
CLIFTON PARK, NY 12065

to the parents of:



CAMP SCHEDULE

Monday 6/28 - Thursday 7/1/10

TIME: 9:30AM TO 12 PM

LOCATION: Orenda Practice Field, SHEN Campus

FOR: 1ST-3RD GRADE

Monday:

Stretch/Warm Up
Speed & Agility Drills
Skills Development: RB's/Off. Line
Group Drills

Tuesday:

Stretch / Warm Up
Speed & Agility Drills
Skills Development: QB'S/Receivers
DL/LB/DB's
Group Drills

Wednesday:

Split into teams
Stretch/warmup
Speed & agility
Team Practice (Offensive-Defensive units)
Group drills

Thursday:

Team Scrimmages

HEAD COACH:

Scott McCart- Over 17 years VARSITY, JV and youth football coaching experience

ASSISTANT COACHES:

Past and current members of the Shen Varsity football team

COST: \$85.00

per participant

Price includes snacks & drinks and camp t-shirt

For More Information contact:

Scott McCart
373-1630 Phone
441-3448 Cell
smccart10@nycap.rr.com
or visit biggreen ifl.com



Sign-up Form (complete, detach & return this Section)

Sign up for: FLAG CAMP **Time** M-TH **Price** 85.00

YES, I HAVE MEDICAL INSURANCE COVERAGE FOR THE PLAYER LISTED

t-shirt Size - Circle One

Youth: S M L XL

Adult: S M L **Grade this fall:**

Age: _____

Player Name _____

Address _____

Parent Name: _____

Emergency Contact: _____

Phone _____ Cell: _____

E-mail _____

I, the undersigned parent or legal guardian, agree that the Big Green Flag Football Skills Camp and it's sponsor assumes no legal liability for injuries or other loss as a result of such participation. I also have medical insurance for the above registered player.

Parent/Guardian Signature _____ Date _____

Method of Payment

Check: _____
Made payable to Big Green Sports/ Scott McCart

SEND COMPLETED REGISTRATION SECTION TO:

Big Green / SCOTT MCCART
61 MICHELLE DRIVE
CLIFTON PARK, NY 12065
PHONE: 373-1630
CELL: 441-3448