

# 23<sup>rd</sup> ANNUAL HARPER CREEK YOUTH FOOTBALL CAMP - 2019

The Harper Creek football staff invites all **athletes entering 3<sup>rd</sup> through 8<sup>th</sup> grades** to our 23rd annual youth football camp. This camp will provide basic fundamental football instruction coached by the high school staff and current varsity players.

We invite you and your friends to a fun filled evening, learning the great game of football ***the Harper Creek way.***

## CAMP SCHEDULE

**Date:** Thursday, June 27<sup>th</sup>

**Time:** 5:30pm-7:40pm

**Location:** Harper Creek game field (gym- in case it rains)

**What to bring:** Athletic attire, football shoes if you have them, gym shoes in case we go inside.

**What is taught:** Dynamic stretching, agilities, blocking, tackling, throwing, and catching.

**Cost:** \$30.00 (includes t-shirt)

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Please detach and send a \$30.00 check made payable to **Harper Creek Football** to:

Youth Football Camp

c/o Mason Converse

Harper Creek High School

12677 Beadle Lake Road

Battle Creek, MI 49014

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Grade next fall: 3 4 5 6 7 8

Phone: \_\_\_\_\_ home / mobile

Phone: \_\_\_\_\_ home / mobile

T-shirt Size (circle): **YOUTH** S M L **ADULT** S M L XL 2XL

**\*You can register the day of the camp (4:45pm-5:20pm) but pre-registration is preferred. There is no guarantee on a T-shirt size if you register the day of the camp.**

**4:45 - 5:20** Registration (*If not pre-registered*)

**5:30 - 5:45** Welcome / Flexibility (Walks / Quicks / Starts)

**Walks** - Knee to chest, Heel to butt, Lunge & twist, Side-lunge pivot, Reverse kicks, Forward kicks

**Quicks** - High Knees, Shuffle (both ways), Back Peddle

**Starts** - Standing Sprint, 3 pt sprint, Belly sprint, Back sprint

**Harper Jacks & Breakdown**

**Water**

**5:45 - 7:28** Station Based Practice / Drills (15 mins / Station) - (*Stations may change*)

A) 5:45-6:00 QB

B) 6:02-6:17 RB

C) 6:19-6:34 WR

D) 6:36-6:54 OL

E) 6:56-7:11 DB

F) 7:13-7:28 LB - Hawk/Roll Tackle

**7:30 - 7:40** Team Breakdown, Pass out T's & Gatorades