

# SAND SPRINGS FOOTBALL



## SANDITE YOUTH SKILLS CAMP



### WHAT IS SKILLS CAMP?

This camp is an opportunity for YOUTH entering into grades 3-7 to be coached by our Varsity coaches at Memorial Stadium, home of the Sandites. We will focus on fundamentals necessary to become proficient in youth football and give youngsters the building blocks necessary as a Sand Springs Youth football player. We will teach the heads Up Tackling System adopted by USA Football to reinforce safety in our beloved sport.

We will emphasize and teach the proper techniques:

- \* Heads Up Blocking
- \* Heads Up Tackling
- \* Ball Handling (handoffs, pitches, snaps)
- \* Passing and Receiving

### Game Day Experience / Competition (Last Day)

- \* Pre-Game Varsity Run Through (Picture Opportunity)
- \* Varsity Spirit Squads in attendance

When is SKILLS CAMP?

July 25th, 26th, 28th (M,T,TR) 6:00-8:00 PM

Who can participate in SKILLS CAMP?

Any youngster entering grades 3-7 this fall.

What is the cost for SKILLS CAMP?

\$60

How do I sign up for SKILLS CAMP?

Fill out the info below and mail with \$60 payment or bring the day of.

### REGISTRATION

Athlete's Name \_\_\_\_\_ Grade (Fall '22) \_\_\_\_\_

Parent/Guardian Names \_\_\_\_\_ Phone \_\_\_\_\_

Email Address \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

The parent(s) or guardian(s) of \_\_\_\_\_ hereby agree to accept full and complete responsibility for all medical or other expenses of an injury during camp. The undersigned also agrees to release Sand Springs Public Schools and all camp staff from liability for any injuries or accidents that occur due to participation in camp activities, or that occur in transit to or from camp.

Signature \_\_\_\_\_ Date \_\_\_\_\_