

Football Skills and Conditioning Summer Camp Hosted by Saddleback Valley Pop Warner

PO Box 905; Lake Forest, CA 92609 / 949-699-0229

www.eteamz.com/saddlebackvalleybears

Developed & Directed by Varsity Football Coaches - El Toro High School & Capistrano Valley High School

Session 1 Dates: July 14th to July 17th

Session 1 Times: 9:00am to 12:00pm

Session 2 Dates: July 21st to July 24th

Session 2 Times: 5:00pm to 8:00pm

Location: Los Alisos Middle School Athletic Fields

Ages of Campers: 7 – 15 years old

Registration Cost: POSTMARKED BEFORE 7/1/08

\$75/session or both sessions for \$125 for SVPW 2008 players

\$100/session or both sessions for \$150 for all 2008 non-SVPW players

POSTMARKED AFTER 7/1/08

\$100/session or both sessions for \$175 for SVPW 2008 players

\$125/session or both sessions for \$200 for all 2008 non-SVPW players

TRAINING CONDUCTED INCLUDES:

Plyometric / Agility

Standing Long Jump

Two Foot Forward Hops

Four Corners

Monkey Roll

Power Skipping

Two Foot Side Hops

Five Cone

Scoop and Score

Split Squats

Jump Rope

Barrel Racing

Pro Agility

Bounding

Hex Dots

Step over Bags

Form Running

Blocking / Tackling

Crowther Progression

Power Sprint Tackle

Stalk Blocking

Shield Walk

Attacking Line of Scrimmage

Angle Tackle

Ball Drill / Take Away

Receiver

Running Back

Defensive Back

Linebacker

Position Training

Quarterbacks

Defensive Backs

Receivers

Linebackers

Running Backs

Defensive Line

Offensive Line

Kicking Specialties

Camper's Name: _____

Mailing Address: _____

Phone Number: _____ Alternate Phone Number (cell): _____

E-Mail Address(s): _____

Grade in September 2008: _____ Attending (check one): Session 1 _____ Session 2 _____ Both _____

T-Shirt Size (check one & indicate size): YOUTH _____ ADULT _____ Size _____

I hereby authorize the directors of the Saddleback Valley Pop Warner Football Summer Camp to act for me in the case of emergency that may require medical attention, and waive and release the camp from any and all liability for any injuries and illness incurred at camp.

Parent Name _____ Parent Signature _____ Date _____

Payment Option (check one): Cash Check # _____ Credit Card: MasterCard Visa

Card Holder's Name: _____ Cardholder Zip Code: _____

Credit Card Number: _____ Expiration Date: _____

Card Holder Signature: _____

Make checks payable to: Saddleback Valley Pop Warner & mail with form to address at top of form, ATTN: Camp Registration