

This Camp Offers A Unique Opportunity For The Player

- Low ratio of players to coach
- Actual film of games
- Excellent practice equipment
- Drills to improve:
 - Blocking
 - Passing
 - Pass Catching
 - Blocking & Pass Rush
 - Back Pedaling
 - Form Tackling
 - Weight Lifting Techniques
- Great carry over value
- Update on all NCAA requirements & best courses to take
- Form running techniques
- Kicking techniques

St. Augustine High School



YOUTH FOOTBALL CAMP



**2005 3A
State Champions**

REGISTER NOW FOR THE

**2011 SAHS
YELLOW
JACKET**

Fundamental Football Camp

**Instructed by:
Coaches of the SAHS Yellow
Jacket Football Staff &
Current Players**

**June 27th - June 30th
8:30 a.m. - 12 Noon
St. Augustine High School
Athletic Field
\$75.00
Students 6 - 13 Years Old**

**For more information, call
Coach Joey Wiles @ 547-8532**

Pending School Board Approval

Aims of the Camp

Develop the offensive abilities of the individual:

Running Backs: Stance, start, ball handling, ball carrying, faking, running, cutting, pass receiving, blocking.

Quarterbacks: Stance, center exchange, drop back, sprintout, rollout pass, setting-up, throwing, release, follow-through, ball handling, faking, strategy, and the option.

Centers: Stance, start, exchange, blocking, release, long and short snap.

Flankers & ends (wide & tight):

Stance, start, release, pass patterns, running, pass catching, strategy.

Develop the defensive skills of the individual:

Line and Line Backers: Stance, start, alignment, change, pursuit, leverage, territory responsibility, reaction, tackling, keying, stunting, pass, defense, strategy.

Defensive Secondary: All phases of coverage taught at pre-high school and high school levels including stance, start, alignment, keying, pass coverage, how to intercept, deflect, tackling techniques, strategy.

Special instruction for the individual who is just being introduced to organized football

SAHS YELLOW JACKET FOOTBALL

2011 Registration Form

PLEASE PRINT

Participant's Name: _____ Grade as of 8/2011: _____

Street or Mailing Address: _____ Email: _____

City: _____ Zip Code: _____ Male / Female (Circle One)

T-Shirt Size (circle one) Youth: S M L Adult: S M L

Physical Limitations: _____

Guardian's Name: _____ Phone # _____

Guardian's Name: _____ Phone # _____

Insurance Company & Policy #: _____

IF GUARDIANS CANNOT BE REACHED PLEASE CALL: _____

I do hereby agree to allow my child to participate in the above named activity, sponsored by the SAHS Football Staff. I will assume all risks and hazards incidental to the conduct of the program. In case of injury, I will release, absolve, indemnify and hold harmless anyone associated with The St. Johns County School District including the district itself, its governmental agencies, the organizers, supervisors, owners of any property or equipment used in the program, providers of any transportation connected with the program, and any and all of them.

SIGNATURE: _____ Date: _____

Please make check payable to: SAHS Football Booster Club

Mail to: SAHS Football Booster Club

P.O. Box 1771

St. Augustine, Florida 32085-1771

Or: Bring this form on the 1st day of camp

