

2013 MIDDLE SCHOOL AND FRESHMAN FOOTBALL CAMP

Cost \$110

July 15 - July 18
9:30 AM to 11:30 AM

OLD REDSKIN PARK
Herndon, Va.

Camp Objective

This camp is a great opportunity for rising young football players to work with High School Coaching Staffs.

The young players will have a chance to learn first hand about techniques, schemes and conditioning that are essential at the High School level.

This camp will certainly help facilitate the transition from local youth football to the competitive world of High School Football.



*This CAMP is a MUST
to prepare your game
for the
NEXT LEVEL*

Directions to Old Redskin Park
From 495 - 66 West to Rt. 28 North
Turn right onto McLearn Rd.
First left onto Redskin Dr.

Registration Form

Name _____
Address _____

Email _____
Home Phone _____ Grade at Camp _____
High School planning to attend _____

Position _____
Shirt Size _____ Large _____ X-Large

Agreement

I, _____ Parent/Guardian
of: _____ agree that GVSC
Camps and the Chantilly Youth Association can
not assume responsibility for medical, dental, or
other health expenses incurred as a result of my
child's participation at camp.

Signed _____ Date _____

cost \$110.00 per person

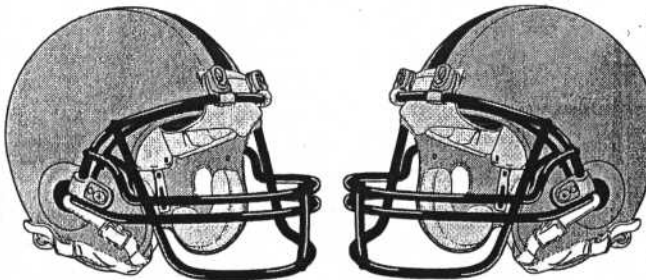
- 20% Administration fee on all refunds
- No refunds once camp starts

Make checks Payable to:
GVSC
P.O. Box 1143
Purcellville, VA 20134

For More Information call:
GVSC at
571-232-5025

OLD REDSKINS PARK
SKILLS &
LINEMAN CAMP

2013



GRADES 9 - 12

July 15 - July 18
7:30 AM to 9:30 AM

COST \$90.00

OLD REDSKIN PARK
Herndon, Va.

Camp Schedule

8:00-8:15	Stretch
8:15-9:00	Individual
9:00-9:05	Break
9:05-9:55	Group
9:55-10:30	7 -7 / Lineman Drills

There will be no conditioning at Camp

Camp T-Shirts

Directions to Old Redskin Park

From 495 - 66 West to Rt. 28 North
Turn right onto McLearen Rd.
First left onto Redskin Dr.

Must get Helmet from High School Coach

PLEASE BRING

- Mouthpiece
- Cleats
- Any equipment you feel comfortable with.

Registration Form

Name _____
Address _____

Email _____
Home Phone _____ Grade at Camp _____
High School _____ Position _____
Shirt Size _____ Large _____ X-Large _____

Agreement

I, _____ Parent/Guardian
of: _____ agree that GVSC
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not assume responsibility for medical, dental, or
other health expenses incurred as a result of my
child's participation at camp.

Signed _____ Date _____

Registration/Payment Deadline July 17, 2011

cost \$90.00 per person

- 20% Administration fee on all refunds
- No refunds once camp starts

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Purcellville, VA 20134

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2013 OLD REDSKIN PARK LINEMAN CAMP

**Offensive Lineman
Tight Ends
Defensive Lineman
Linebackers**

Cost \$115

**June 24 - June 27
8:00 AM to 10:00 AM**

**OLD REDSKIN PARK
Herndon, Va.**

Camp Schedule

8:00-8:15 Stretch
 8:15-9:00 Technique Circuit
 9:00-9:05 Break
 9:05-9:35 Individual Contact Work
 9:35-9:40 Break
 9:40-10:10 Pass Pro/Pass Rush/Blitz
 Technique
 10:10-10:15 Break
 10:15-10:30 Running Game Techniques
 Offensive and Defensive

There will be no conditioning at Camp

Awards Camp T-Shirts

PLEASE BRING

- Mouthpiece
- Cleats
- Any equipment you feel comfortable with.

Directions to Old Redskin Park

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 Turn right onto McLearen Rd.
 First left onto Redskin Dr.

Registration Form

Name _____
 Address _____

 Email _____
 Home Phone _____ Grade at Camp _____
 High School _____ Position _____
 Shirt Size _____ Large _____ X-Large

Agreement

I, _____ Parent/Guardian
 of: _____ agree that GVSC
 Camps and the Chantilly Youth Association can
 not assume responsibility for medical, dental, or
 other health expenses incurred as a result of my
 child's participation at camp.

Signed _____ Date _____

cost \$115.00 per person

- 20% Administration fee on all refunds
- No refunds once camp starts

Make checks Payable to:

**GVSC
 P.O. Box 1143
 Purcellville, VA 20134**

For More Information call:

**GVSC
 571-232-5025**