



# **Westfield High School Football Team Camp**

(also in attendance Battlefield, Flint Hill, Riverside)



**A skills and drills camp for all players ages 14-18**

**Session Dates**  
**July 17 - 20, 2017**

## **Sponsor**

Held in cooperation with the Westfield High School Athletic Boosters

## **Camp Directors**

|              |  |
|--------------|--|
| Kyle Simmons | Head Football Coach, Westfield High School   |
| Mark Cox     | Head Football Coach, Battlefield High School |
| Tom Verbanic | Head Football Coach, Flint Hill School       |
| Brian Day    | Head Football Coach, Riverside High School   |

Westfield High School Staff  
Flint Hill School Staff

Battlefield High School Staff  
Riverside High School Staff

## **Cost**

Camp Fee--\$100.00

Includes –Instruction, ATC on site, Camp T-shirt and Camp Insurance

Make checks payable to: **Westfield High School Athletic Boosters**

Note: For staffing purposes, once camp begins there will be no refunds.  
There will be no conformation of checks received.

## **Date & Time**

July 17-20

5:00pm-8:00pm

Westfield High School

## **Who May Attend**

Any Player Age 14-18

## **What to Bring**

Football Cleats, Shorts, T-shirts, mouthpieces

Football Helmets—Issued by High School Head coach or Youth League Sponsor

## Objectives

The aim of the camp is to provide all age levels of players with skills and drills that will help them be successful in the upcoming season. We will work individual position skills along with position groupings and encourage any youth league coaches to attend.

## Skills

### Linemen

Stance, starts, footwork, blocking techniques, tackling techniques, hand placement

### Linebackers

Stance, reads, hand work, set recognition, tackling techniques

### Defensive backs

Stance, man and zone coverages, ball drills, tackling techniques

### Receivers

Stance, routes, ball drills, stalk blocks

### Running backs

Stance, starts, ball security, running techniques, receiving

### Quarterbacks

Snap, footwork, handoffs, pitches, throwing techniques

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## Football Camp Application

**Mail to:** Westfield High School Activities Off  
Attention: Westfield FOOTBALL CAMP  
4700 Stonecroft Blvd.  
Chantilly, VA 20151

**Cost:** \$100  
**Make checks out to:**  
Westfield HS Athletic Boosters

Name \_\_\_\_\_ School \_\_\_\_\_

Parent(s) Name \_\_\_\_\_

Contact Phone #1 \_\_\_\_\_ Contact Phone #2 \_\_\_\_\_

Family Physician \_\_\_\_\_ Phone \_\_\_\_\_

Grade \_\_\_\_\_ Age \_\_\_\_\_ T-Shirt Size (adult) S M L XL XXL XXXL

The school has my permission in an emergency when I (or my physician) cannot be contacted, to take my child to the emergency room of the nearest hospital, and the hospital and its medical staff has my authorization to provide treatment which a physician deems necessary for the well-being of my child.

Signature of Parent \_\_\_\_\_ Date \_\_\_\_\_