



# **STATE CHAMP YOUTH FOOTBALL CAMP**

**Camp Director-Westfield Head Football Coach Kyle Simmons**

## **Skills and Fundamentals Camp For Rising 6<sup>th</sup> - 9<sup>th</sup> Graders**

**Session Dates**  
**June 17-20, 2019**  
**5:30-8:00**

**Westfield High School Turf Stadium**

### **Sponsor**

Held in cooperation with the Westfield High School Athletic Boosters

### **Camp Director**

Kyle Simmons  
Head Football Coach, Westfield High School

### **Instructors**

Westfield Football Staff  
Westfield Football Players

### **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 Club (WABC)**

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

### **Date & Time**

June 17-20  
5:30pm-8:00pm  
Westfield High School

### **Who May Attend**

Any Rising 6<sup>th</sup>-9<sup>th</sup> Grade Student Athlete

### **What to Bring**

Football Cleats, Shorts, T-shirts  
Water is provided but you are welcome to bring your own hydration

## Objectives

The aim of the camp is to provide players with skills and fundamentals that will help them learn the game of football. 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

Snaps, footwork, handoffs, pitches, throwing techniques

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# State Champ Youth Football Camp Application

**Mail to:** Westfield High School Activities Office  
Attention: STATE CHAMP YOUTH FB CAMP  
4700 Stonecroft Blvd.  
Chantilly, VA 20151

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

Name \_\_\_\_\_

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

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

Rising 6<sup>th</sup> 7<sup>th</sup> 8<sup>th</sup> 9<sup>th</sup> T-Shirt Size YLG YXL S M L XL XXL

In the event of a life threatening emergency, the AT has permission to activate EMS prior to contacting the parents. Parents will be contacted at the same time by the coaches.

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

Please list below any medical conditions the camp organizers should be aware of and/or emergency medications used by the athlete.