

Dowling Catholic Youth Football Camp 2009
5th-6th Graders-July 19 (5:00-6:30PM) July 20-21 (3:00-5:00PM)
7th-8th Graders-July 19 (6:30-8:00PM) July 20-21 (5:30-7:30PM)
Grades determined by 2009-2010 School Year

Many phases of football will be emphasized. We will emphasize many skills involved in football including stance, ball handling, footwork, pursuit angles, tackling technique, running, throwing, and catching.

Typical Session: Warm-up
Agility
Offensive Skills & Drills
Defensive Skills & Drills
Conditioning

The Dowling Catholic Youth Football Camp will be conducted by the DCHS Football Staff along with the help of DCHS High School players.

Please meet near the garage by the practice field along Buffalo Road to check in for camp.

Please return by Friday, June 26th.

Name of Student _____ School _____

Grade for 2009-2010 School Year _____

T-shirt size: S M L XL XXL (adult sizes)-Please circle one.

My child has permission to participate in the DCHS Youth Football Camp. I hereby release the camp, its staff and Dowling High School from all claims due to injuries sustained by my child during camp.

Parent/Guardian Signature _____ Date _____

The cost of the camp is \$50. The participants will receive a t-shirt.

Make checks payable to Dowling Catholic Football/For questions call 222-1010

Return lower portion to: Tom Wilson
Head Football Coach
Dowling Catholic High School
1400 Buffalo Road
West Des Moines, IA 50265

I cannot guarantee a t-shirt to those who turn in this form late. Please return on time.
Thanks