

Horseheads Varsity “H” Flag Football Camp

Girls Grades 1-6

July 14-17• 1:00-3:00

High School Stadium

****Registration is online**

- Camp Location:** High School Stadium
- Equipment Required:** **A water bottle, preferably labeled with child’s name**
Cleats and/or sneakers, athletic socks, shorts, shirt.
- Registration Fee:** \$85.00 (This includes a camp T-shirt)
- Make checks payable to:** Horseheads Varsity “H” ****Bring on the first day of camp.**
- Camp Director:** Kevin Hillman, Head Varsity Football Coach
- Assistants:** Football Coaching Staff and Varsity Players

Camp Philosophy:

- ** To learn offensive terminology and skills**
- ** To learn defensive terminology and skills**
- **To learn basic offensive formation and passing plays used in the horseheads program**
- ** To understand the effort required in football and in all life activities**
- **Finally and most importantly, TO HAVE FUN!!**

Camp Schedule:

7/14

- Pick Teams
- Introduce rules and positions.
- Team practice
- Scrimmage game

7/15

- Team Practice
- Begin round robin play (2 games)

7/16

- Team Practice
- Continue round robin play (2 games)

7/17

- Flag Football Tournament/ Pizza and Awards