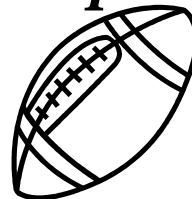


MBGC Football Camps



It's that time of the year once again. The 2009 Football season will begin on July 13th, 2009 with our Annual Free Conditioning Camp and Contact Camps.

FIRST

Dates: July 13th - 16th

What: Conditioning Camp

Who: Open to all ages from 7-16 years old (County Tackle and Unlimited)

Where: Sasscer Field

When: 6:30 - 8:30 pm

Cost: Free

THEN

Dates: July 20th - July 23rd

What: Contact Camp

Who: All registered members interested in playing in the MBGC 2008 Football season for Open to all ages from 7-16 years old (County Tackle and Unlimited)- (All registration rules apply)

Where: Sasscer Field

When: 6:30 - 8:30 pm

Cost: You must be registered before full equipment will be distributed.

EQUIPMENT DISTRIBUTION: Will begin first of July. This information will be emailed to all registered families.

These camps will provide your child with the following skills:

July 13th - 16th

Conditioning Camp

1. Callisthenic Training
2. Endurance Training
3. Agility Drills
4. Speed Drills

July 20th - 23rd

Contact Camp w/full Pads

1. Equipment & Safety
2. Callisthenic Training
3. Endurance Training
4. Agility Drills
5. Speed Drills
6. Basic Fundamentals (Proper Stance, Tackling, Blocking, Formation, Skilled Position Drills)
7. Sled Training (blocking, hand techniques, etc.)
8. Gauntlet Training

Note: As the camps are not mandatory, it is important players do come out sometime during the duration of the camp. Additional season and reporting instructions, etc. will be provided through the camps. Official practices will begin immediately after the camps.

Come out and have fun while learning or improving your skills!!