

Lake Mary High School Youth Football Camp

WHO: Athletes ages 6-14

WHAT: An exciting football camp run by the Lake Mary High School football coaching staff and current Varsity football players.

WHEN: Friday July 17 from 4-6:30pm and Saturday July 18 from 9am-12pm

WHERE: Lake Mary High School Varsity Football Facilities (**Registration will be held in the north parking lot behind the auditorium**)

WHY: To teach athletes the basic fundamentals of football and drills to enhance speed and agility.

COST: \$60 before July 1st and \$75 after July 1st

***Camp includes a camp T-shirt, snacks, and prize giveaways.**

CAMP SCHEDULE

Friday July 17

3:45pm -Registration
4:15- Orientation
4:30- Stretching Techniques
4:45- Speed/Agility Drills
5:00- Position Drills
5:30- Team/ Group Work
6:30pm - Camper Release

Saturday, July 18

9:00am - Stretching Techniques
9:15- Speed/Agility Drills
9:30- Position Drills/ Techniques
10:00- Team/ Group Work
11:15- Offensive/ Defensive Group
12:00- Camper Release

ADDRESS:

LMHS Football Office
655 Longwood-Lake Mary Road
Lake Mary, FL 32746

CONTACT:

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