

WEST ISLIP 9th – 12th SUMMER FOOTBALL CAMP

Grades 9 – 12

- WHEN:** Monday, Wednesday & Thursday evenings- June 25th thru August 2nd
- WHERE:** Passing League & skill position drill sessions will be held at High School Turf Field.
Drop off in Bellew parking lot
*Rain day procedures-*Passing league cancelled*; Fitness Center High School 4:30 – 8:00pm
- COST:** \$125.00 Please make checks payable to West Islip Youth Football League
Includes 6 weeks of camp, Camp T-shirt, and insurance (This is an excess policy that will cover expenses your primary insurance coverage will not cover... not to exceed \$25,000).

Camp Format Grades 11 – 12

Monday and Thursdays

- 4:00 – 5:00pm Turf - Strength and Speed Training
5:00 – 6:00pm Drill Session - Skill positions (offense 5-5:30 & defense 5:30-6)
- Lineman Techniques
6:00 – 6:30pm - Lineman Rules and Blocking Responsibilities
- 7 on 7 and Special Teams
6:30 – 7:30pm - Core Lifts –

Wednesdays

- 4:00 - 5:00pm -Weight room - Varsity Core Lifts
5:00 – 6:00pm -Drill Session - Varsity Skill positions (offense 5-5:30 & defense 5:30-6)
6:00- 7:00 pm - Lineman Rules and Blocking Assignments
- Skilled Positions 7 on 7 gameplay / Team Sessions

Camp Format Grades 9 – 10

Monday and Thursdays

- 4:00 – 5:00pm Turf -Strength and Speed Training-Turf
5:00- 6:00pm Turf -Fundamental football Sessions/ 7 on 7 gameplay
6:00 – 7:00pm Weight room - JV Weight Room Fundamentals- Fitness Center

Wednesdays

- 4:00 – 5:30pm - Lineman Rules and Blocking Assignments
- Skilled Positions 7 on 7 gameplay / Team Sessions
5:30 – 6:30pm - Weight Room Agility and Core Training-

***Make check payable to West Islip Youth Football & send to:**

P.O. Box 5060

Hauppauge, NY 11788

Please register by June 20th

Registration Form

Players Name _____

Address _____

Phone # _____ Grade (in Sept.) _____ T-shirt size _____

Emergency Contact & Number _____

Parent Signature _____

For Further Information Contact:

Steve Mileti

Cell: 631 -664-7669

This camp is not affiliated with West Islip Schools