

McQuaid Jesuit
Freshman Football "PRIDE" Camp 2018
August 6th – August 8th
5pm – 8pm
Players Grade 9

McQuaid Jesuit Tom Seymour Field

Camp Staff:

McQuaid Jesuit Freshman Coaches – *We believe in a low player to staff ratio assists in achieving best results. High School coaches will be on hand to ensure total participation.*

Quarterbacks: proper throwing technique, stance, dropping back, play action, sprint out passing, ball handling, and reading defenses.

Receivers: ball handling, stance, receiving techniques, route running, and reading coverage.

Running Backs: ball handling, stance, run and pass blocking, pass receiving, and reading blocks

Offensive Lineman: stance, starts, run and pass blocking, pulling, and trapping.

Defensive Line: stance, alignment, key reads, passes rush, run and pass defense, pursuit and tackling.

Linebackers and Secondary: alignment, stance, proper position, pass coverage, pursuit and tackling

Registration Form:

Fee: \$125

Please make checks payable to: McQuaid Jesuit

Mail to: Amy Sheffer

McQuaid Jesuit, 1800 South Clinton Ave

Rochester, NY 14618

Name: _____

Grade: _____ Age: _____

Parent Name: _____

Address: _____

Emergency Phone # _____

Parent E-Mail: _____

