

Diocesan Football

Youth Day Camp

Sunday, May 19, 2019

Sample Drills

40 Yard Dash

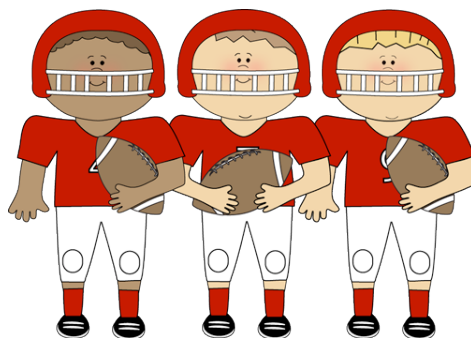
Shuttle Run

Long Jump

Position Drills/Agilities

Return by **May 1, 2019**

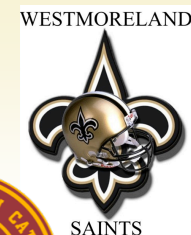
(Walk-ups Welcome)



The Camp's goal is to support our coaches & student athletes with the tools required to safely compete in Diocesan Football.

- Learn about The Diocesan Football League
- Learn about USA Football's "Heads Up" program
- Learn Football Fundamentals
- Learn Football Safety
- Learn Football the Diocesan way
- Bond with your teammates and Fellow Catholic league players
- Register to Play for your school team
- Have Fun!

The Diocesan of Pittsburgh
Presents
2019 Football Day
"Free"
Youth Day Camp
Sunday, May 19, 2019



Hosted by

The Diocese of Pittsburgh Football League

A **non-contact** youth camp for those entering grades 3rd – 8th in the Fall of 2019. The goal of the camp is to help develop the fundamental skills and techniques specific to the game of football. The Football Coaching Staffs from all teams in the league as well as Duquesne University will be instructing players.

Camp Registration Form

Camper's Name: _____

Camper's School: _____

Age: _____ Entering Grade: _____

Date of Birth: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

Phone: _____

Emergency Phone: _____

Emergency Name: _____

Emergency Relationship: _____

I hereby request that my child named above attend Diocese of Pittsburgh League Football Camp. I authorize the camp to act on my behalf in any medical emergency. I hereby forever indemnify and save harmless the Diocese of Pittsburgh, Duquesne University of The Holy Spirit, all coaches and camp volunteers against all liabilities, penalties, damages, expenses, and judgements arising from injury as a result of or incidental to the above named camper. My son is physically fit to take part. Any limitations or special concerns are as follows:

Print _____

Parent / Guardian

Sign _____

Parent / Guardian

Circle T-Shirt Size: Youth: M L XL

Adult: S M L XL XXL



Camp Information

REGISTRATION DEADLINE **MAY 1, 2019**
(for guaranteed T-shirt size)

What to Bring/Wear

Mouthpiece (*Suggested*)
Cleats or Sneakers
T-Shirt
Shorts & Socks
Own Water Bottle

Camp Schedule

12:00 p.m.

Check-in & Team Registration
at

Duquesne University Intramural Field

1:00-3:00 p.m.

Practice will take place

3:00 – 4:00 p.m.

Combine style competition

4:00 p.m.

Wrap up

Please Mail Registration Form to:

Susan Reese
302 Buckingham Drive
Venetia, PA 15367

Or email:

Sbrown627@gmail.com

Any questions contact :

Steve Monteverde 412.638.4345
smonteverde@monteverdes.com

The Diocesan of Pittsburgh **2019 Free Football Day**

The Camp will focus on the fundamentals for each position in football. The main objective of the camp is to offer a quality, inexpensive one-day camp of expert instruction, and to introduce players and parents to the many benefits of Diocesan Football program. Fundamentals & FUN are emphasized.

- This is a **non-contact camp**
- Players will learn aspects of all positions
- Basic football rules will be explained
- Expert instructions improving speed and quickness will be provided
- All campers will participate in every drill and competition
- All Coaches have their Diocesan Clearances & "Heads Up" certifications

Detach ✂