

2022 McDowell Trojan Skills Camp

FOR STUDENTS ENTERING 1ST-9TH GRADE IN THE FALL OF 2022

**Dates: June 20th-23rd 9am -12pm (check in 8:15-8:45)
McDowell High School - Gus Anderson Field**

District 10 Champs:

-7 of last 8 Seasons

2022: 6A State Quarterfinals

- 7th in the State

2021: Undefeated regular season

-6A State Semi Finals-2nd in the State

***Multiple players have gone on to play college football every year**



THE QUARTERBACK: Ball handling, passing, footwork, mechanics, reads, coverages and more.

THE RUNNING BACK: Stance, Ball carrying, blocking, faking, and pass receiving.

THE DEFENSIVE BACK: Stance, tackling, keying, and pass defense (man to man and zone).

THE WIDE RECEIVER & TIGHT END: Stance, releases, patterns, receiving, ball carrying, and blocking.

THE OFFENSIVE LINEMEN: Stance, starts, explosion, pulling, rules, and basic run & pass blocking.

THE DEFENSIVE LINEMEN: Stance, reading, reaction, slant & stunt techniques, pass rush & tackling.

THE INSIDE LINEBACKER: Stance, keying, reaction, pursuit, tackling, and pass defense techniques.

THE KICKING GAME: Punting, extra point, kickoff, field goals, and long snapping.

EVERY CAMPER WILL BE INSTRUCTED IN: Flexibility, agility, quickness, strength, and speed training.

Develop future Trojan football players with the fundamentals, skills, and sportsmanship of the McDowell Football Program.

Cost: \$100 per camper—Fee covers 4 days of instruction from the McDowell Varsity Football Staff, Camp Shirt and daily prizes.

**Cash or Checks Payable to:
McDowell Football Boosters
614 Colorado Dr.
Erie PA 16505**

***2nd camper in the same family 1/2 price**

We Are...



Purpose: To provide participants the opportunity to improve skills and learn to truly appreciate the sport of football. Under the guidance of McDowell Head Coach Bo Orlando, the Trojan Football Staff & players, it is our goal that each camper will come away with a greater comprehension of the game of Football.

Camper Name: _____ **Grade in fall of 2022:** _____

Parent Email: _____ **Phone #:** (____) _____ - _____

School you will attend in the fall of 2022: _____

T-Shirt Size: Youth: S M L Adult: S M L XL XXL (Circle one)

Waiver: I understand that neither McDowell nor anyone else associated with the Trojan Football Skills Camp will assume any responsibility for accidents that may occur to my child as a result of participating in camp activities. The camp reserves the right to send any camper to the hospital for diagnosis of treatment. I knowingly assume all responsibility. The camp also reserves the right to send any camper home for inappropriate behavior. PARENTAL SIGNATURE _____