

Sponsored by:



Mill Creek
Cougars Football

Register Here:



Core MONDAYS

ACTIVITIES

Fun non-contact football, agility, and conditioning drills and fun games/relays coached by Mill Creek Cougars tackle coaches. Drills can be completed by kids regardless of football position, size, or athletic ability. Divided into age groups: Grades K-2, 3-4, 5-6, 7th, and 8th. Girls football players/cheerleaders/all members of the public are welcome!



Who: Any current K - 7th Grader

Where: Archbishop Murphy HS (upper field)

12911 39th Ave SE, Everett

When: 6-7 PM Mondays, May 4 - June 15

Cost: **Free!**

(except Memorial Day May 25)



"The Snohomish School District has approved this information for distribution through its schools. The district does not, however, assume sponsorship of/or responsibility for the actual content of any of the activities offered."

info@millcreekcougars.org

www.millcreekcougars.org

Contact Us

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EXACT DATES/TIMES/LOCATIONS:

Mondays, May 4, 11, 18 June 1, 8, 15

6:00 - 7:00pm on the Archbishop Murphy High School upper field. Bring cleats for grass. No helmet or shoulder pads.

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PURPOSE

Introduce players to basic football drills in a fun, low pressure, low intensity setting with quality coaching from Mill Creek Cougars tackle coaches.

GOALS

Fun for all ages! Kids will be divided into groups and will rotate in stations to get familiar with different drills to introduce them to the game of football. There will also be an opportunity for speed, agility, and strength testing each week!

BENEFITS

Have fun with other kids your age...get in shape and get some exercise...get introduced to and develop football skills...develop speed, agility, and strength skills.

SPONSORED BY THE MILL CREEK COUGARS

Drills coached by Mill Creek Cougars coaches certified by USA Football.

LOGISTICS

No cost, no attendance, no obligation. Just show up and have fun!

WAIVER

All participants must complete this waiver to participate: