Victor Valley College Football
3rd Annual Student-Athlete Success Camp

When: Sat/Sun May 15th to 16th
Cost: $50.00 May 22nd to 23rd
For Grades 1-6
For Grades 7-12
Group Pricing Available

Saturday Schedule
7:00-8:00 Registration
8:00-8:45 Core Strength & Stretch
8:45-9:30 Individual Skill Work
9:30-9:45 Break
10:30-11:15 Group Skill Work
11:15-12:00 Class Seminar

Sunday Schedule
7:00-8:00 Registration
8:00-8:45 Combine Testing
8:45-9:30 Individual Skill Work
9:30-9:45 Break
10:30-11:15 Competition
11:15-12:00 Class Seminar

Football Fundamentals
Stance – Start – Footwork
Ball Handling – Ball Carrying
Tackling Techniques
Tracking and Pursuit Drills
Coverage Techniques
Individual Position Techniques

Classroom Topics
Importance of Academics
SAT/ACT Scores
Core Class Requirements
Steroids and Drug Abuse
Nutrition and Training Habits
Recruiting Process

It's More Than Football – It's Life
On-Line Registration: http://vvc.edu/academic/athletics/football.htm
Please Contact Coach Crowder for any questions at (760) 486-8572

3rd Annual Student-Athlete Success Camp
2010 Registration Form

Please Check Which Date □ May 15-16 For Grades 1-6
□ May 22-23 For Grades 7-12

Time of Camp is from 8am to 12 noon at the VVC Football Field

Student Name________________________________________
Parent(s) Name______________________________________
Address_____________________________________________ Phone (____)______
City_________________________________ State______ Zip_________
Emergency Contact Name_____________________________________
Emergency Contact Number_____________________________________

I hereby give my permission for the above name student to participate in the VVC Student-Athlete Success Camp. To my knowledge, the above named student is free from any physical limitations and is in good health. I release Victor Valley College and its representatives from any liability should the above named student be injured or ill while participating in camp. I have read and understand the terms of participation.

Signature__________________________________________Date____________
(Signature of Parent of Guardian)

Payment must be paid in full before or at the time of Registration. Space is limited to ensure the quality of the camp, so it is recommended to mail in payment to reserve a spot in this camp. The cost of the camp is $50.00 for two days of instruction. Please fill out this form and send in with check or money order made out to VVC Foundation Attn Football. Mail to:

Dave Hoover
VVC Football Camp
Victor Valley College
18422 Bear Valley Road
Victorville, Ca. 92395

Check One Position of Choice □ OL □ DL □ LB □ RB □ WR □ DB □ QB □ K

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