

PERFORMANCE FOOTBALL CAMP



Exclusively for Tri City Charger Football – Presented by ProForce

****PREPARE NOW FOR THE 2017 SEASON****

- ❖ DEVELOP POSITION SPECIFIC WORK
- ❖ FOOTBALL FUNDAMENTALS
- ❖ TECHNIQUE
- ❖ HEADS UP FOOTBALL
- ❖ TEAMWORK
- ❖ SPEED/CONDITIONING
- ❖ BUILD KNOWLEDGE & CONFIDENCE
- ❖ FORM TACKLING

Coaches include ProForce Staff, Professional & Collegiate football players and Local High School football stars.

**A major point of emphasis at all ages will be proper tackling and blocking technique. Injuries and concussions can be limited when players are consistently using proper technique upon contact.*

We will monitor the contact each day to provide a correct technique progression, building up to the season.

PLAY UNDER THE LIGHTS AT EASTSIDE PARK!!

Grades: 1-8 (grouped by size & skill) **Must supply own pads, available at TCC equip pickup.**

St Charles Camp: July 11, 12, 13 (Tues - Thurs), 6:30-8:30 pm at Eastside Community Park

Cost: \$150 per camp *Includes Shirt, Gatorade/Water, & Jersey Mike's Dinner (on Thursday only)*

****FIRST 30 THAT SIGN UP WILL RECEIVE 3 FREE SESSIONS AT PROFORCE****

(Must be used by December 31, 2017)

AWARDS PRESENTATION & DINNER PROVIDED THURS AFTER CAMP (July 13)

Tentative presentation topics:

Concussion protocol, hydration, importance of exercise, and Special Guest Speakers

Register at proforceTI.com or tricitychargers.org