

PANTHER FOOTBALL

Each Camper will receive:

1. Camp T-Shirt
2. Fundamental Instruction

We will teach the campers basic fundamentals & how to play as a team



*SKILLS EMPHASIZED

- Blocking
- Tackling
- Ball Carrying
- Special Teams
- Receiving

*CONTESTS will be conducted throughout the week (Punt, pass, kick, 7 on 7, & obstacle course)



DAILY SCHEDULE

9:00-9:15: PRE-PRACTICE

- "THOUGHT OF THE DAY"
- STRETCH
- STANCE

9:15-9:35: INDIVIDUAL "O"

- BALL HANDLING
- BLOCKING
- RECEIVING
- PASSING

9:35-9:55: INDIVIDUAL "D"

- TACKLING
- BACKPEDDLING
- STANCE / GET OFF DRILLS
- FUMBLE RECOVERY

9:55-10:15: SPECIAL TEAMS

- PUNTING & KICKING
- LONG SNAPPING
- RECEIVING

10:15-10:35: TEAM OFFENSE

"HOW TO RUN THE OPTION "O"

10:35-11:00: COMPETITIONS

- 7 ON 7
- INDIVIDUAL CONTESTS

EP PANTHER JFL Football Camp

"BEGIN WITH THE END IN MIND"



**July 24-27th
9:00-11:00 AM**

PANTHER FOOTBALL

Name _____

Address _____

City _____

Zip _____

Grade Fall of 2017 _____

Phone _____

Shirt size (Adult sizes only)

Small X-Large

Medium XX-Large

Large XXX-Large

Please List any illnesses or allergies your
child has:

WHO: Grades 5-8

LOCATION: Our practice field in
ERIE

TIME: 9-11 a.m. Monday through
Thursday

DATE: July 24-27th

COST: \$30.00

Families with more than one
camp participant need only pay
\$15 for each additional camper.

STAFF: E-P Football staff

REGISTRATION: Make Checks
payable to:

E-P Football Camp
c/o Chuck Milem
435 6th Avenue
Erie, IL 61250

*Pre-registration helps ensure
correct shirt size for ordering
products

Late registration will be held on
the first day of camp prior to 9:00
a.m.



PARENT/GUARDIAN: I give
permission for my child to
participate in camp and give
permission for my child to be
treated by the appropriate
medical personnel for an
illness or injury. I realize that
the camp is not responsible for
any illnesses or injuries that
may occur during camp.

SIGNATURE OF GUARDIAN
