



LEARN.COMPETE.WIN

FOOTBALL Fundamentals

TUESDAYS · 5-6PM @ KALONA PARK
THURSDAYS · 5-6PM @ MIDPRAIRIE HS
JULY 3RD – 26TH · GRADES 2ND – 4TH
REGISTRATION DEADLINE JUNE 29TH

- FOOTBALL FUNDAMENTAL IS A THOROUGH TRANSITION INTO FLAG FOOTBALL CAMP THAT PROVIDES ADDITIONAL INSTRUCTION AND REPS.
- THIS PROGRAM WILL TEACH YOUR PLAYER THE FUNDAMENTALS OF THE GAME OF FOOTBALL.
- POSITIONS, ROUTE RUNNING, COVERAGE, BLOCKING, QB MECHANICS, RUSHING AND SPORTSMANSHIP.

Instructed by
Talon McFarland

FOOTBALL FUNDAMENTALS

15 PLAYER CAP FOR PROGRAM. DEADLINE: JUNE 29TH

YMCA Members : \$25 Non Members: \$30

PLEASE MAKE CHECKS PAYABLE TO: YMCA OF WASHINGTON COUNTY IA.

NAME _____ GRADE _____ BIRTHDATE _____

PARENTS NAME _____ CELL PHONE _____

PHONE _____ EMAIL _____

T SHIRT (CIRCLE ONE) YS YM YL AS AM AL

Waiver of liability: I understand that even when reasonable precaution is taken, accidents sometimes happen. Therefore, in exchange for the YMCA allowing my child to participate in youth football, I understand and expressly acknowledge that I release the YMCA of Washington County Iowa from all liability for injury loss and damage connected in any way whatsoever to my child. I understand this release includes claims of negligence, action or inaction of staff, directors, guest, or volunteers.

Parent or Guardian Signature

Date

www.washingtony.org