

GYFL Skills Camp 2016

**Run by Brunswick School
& Greenwich High
School Football Staffs**

August 17th –19th

9am-12pm



*GYFL Alum
Junior QB—Nicky Henkel
All-New England, multiple BCS
Offers*

A camp designed to teach and enhance the skills of Quarterbacks, Running Backs, Receivers, Linebackers, Defensive Backs along with a special *linemen camp*.

Why is Football so important to the growth of a young boy?

The GYFL Football Camp provides skill work that will give each player a leg up on their competition

1. Outstanding instruction given by former college players and seasoned high school coaches with college playing experience.
2. Intense instruction in your specific skill designed to enhance your football knowledge.
3. All campers will receive a summer training program which includes drill and speed exercises.
4. After individual instruction, players will have the opportunity to participate in 7-on-7 passing scrimmages.
5. Offensive Lineman will receive instruction on specific skills that will enhance their playing ability. ie. Run blocking, play pass blocking, drive and reach blocks, etc.
6. Defensive Linemen will receive instruction on specific skill to improve your playing ability. Ie, stance and start, shedding blocks and rushing the quarterback.

CAMP PHILOSOPHY

The goal of this camp is to properly train and develop specific skills according to your position. Each player will come away with a better appreciation for the game. Players will leave the camp with a better understanding on how to play their position effectively and learn techniques to increase their performance.

Featuring current & former Brunswick & GHS football players

GYFL Football Camp

Name _____ Grade (for 2016-2017) _____

Address _____ Birth date _____ Phone _____

City _____ State _____ Zip _____ Ht. _____ Wt. _____

Circle Shirt Size S M L Position Off. _____ Def. _____ School _____

I hereby authorize the GYFL Football Camp to act for me according to their best judgment in any emergency requiring medical attention, and hereby waive and release GYFL and Brunswick School from any and all liability for injuries incurred while at camp.

My health insurance company is: _____

Policy Number : _____

A Non-refundable check for \$100.00 made out to the **GYFL** must accompany this form.

Please send to : Jarrett Shine c/o of GYFL Football Camp, 100 Maher Ave. Greenwich, CT 06833.

Signature of Parent or Guardian _____

Date _____

Dates:

Thursday, TBD
Registration and check-in, 8:45 am

Campers:

Boys entering grades 5-8, fall 2016
Space is limited, so campers are encouraged to enroll early.

Boys entering grades 3&4, can attend from 10:30-am 12 pm for basic skills.

All Campers will need to bring a NOCSAE approved football helmet.

Tuition:

\$100.00 per camper.

****After expenses the remaining profits will be for GYFL use****

The camp is an intensified 3-day program molded from the NFL mini-camp format.

Location:

Brunswick School, - King St Campus.
1252 King St. Greenwich, CT. 06831

Why are camps important?

At football camp, players get a chance to improve their skills, a chance to compete against other kids from other schools. The most important thing football camps do is get the players into "season mode".

Football is supposed to be fun!

Our practices are engaging, competitive and full of hard work, but our staff never forgets "*football is a game*", making sure each *football* practice is fun!



Physical development is essential!

Boys leaving this game will be in better shape and have learned the proper tools to becoming a great football player.

Camp Schedule Includes:

Wednesday, Aug. 17th

Positional Skill Work
Speed Training
7 on 7 Passing scrimmage

Thursday, Aug. 18th

Positional Skill Work
Agility work
7 on 7 Passing scrimmage

Friday, Aug. 19th

Positional Skill Work
Competition Day
Final Skills To Take Home

**For more information call - 914-830-3284
Or
Write to: Brunswick school
Jarrett Shine
Head Football Coach
100 Maher Ave. Greenwich, CT 06830**

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