

20 **TR**ISING **RO**JANS 16

WINTER FLAG SKILLS & DRILLS

Kindergarten – 4th Grade



These fun clinics introduce young athletes to some of the skills in one of America's most exciting and beloved action sports— Football. Activities will also build on general athletic skills such as balance, agility, and coordination which help to develop an all-around athlete. The clinic is non-contact, and is a safe and encouraging environment focused on technique instructions, drilling the right way, and developing self-confidence at whatever level. At the same time, athletes will have a blast with their friends, and learn to respect and celebrate the efforts and skills of their teammates. Sound skills, self-confidence and appreciation for teammates should carry over to success both on and off of the football field. Clinic instruction is by WHS Football Head Coach Chris Pace and his coaching staff assisted by the WHS Trojans. Prior football experience is not necessary as these clinics will also introduce first time players to flag football skills, in addition to “tuning up” and refreshing fundamentals of experienced flag players.

Two Sundays: March 13, 2016, and March 20, 2016, 1:30pm-3:00pm

Cost: \$30 for recommended 2-day clinic (1.5 hour each day)

\$15/day if can only attend one day. Option to pay by day is available online.

Location: Families will be emailed by Thursday if the clinic is in the Weston Middle School (WMS) Gym or on WHS Stadium Field depending on weather forecast. If we are fortunate to have good weather, we will be outside on the turf field. In the event of very cold or wet weather, we will be in the WMS Gym. The locations are both on School Road.

1:30pm-3:00pm

Either WMS- New Gym if Poor weather and clinic is inside.

Bring/wear: sneakers, shorts, T-shirt and water.

Or WHS Stadium Field if Fair weather and clinic can move outside.

Bring / Wear: If outside: Cleats, layers of clothing, water

REGISTER ONLINE at www.Trojansfootball.org by March 9th

Following is for Walk-ins Only.

Participant Name: _____ School: _____ Grade: _____
Parent Name(s): _____ Both Days Y / N (If 1 day, 3/13 or 3/20 _____)
Email address: _____ Address: _____
Phone Contact: _____ T-shirt: circle size YS YM YL YXL AS AM AL AXL
Emergency Contact Name and phone numbers: _____
Special Needs & accommodations: _____

Registration Is Not Valid Unless Signed by Parent or Guardian:

My child _____ has permission to participate in the Rising Trojans Winter Skills & Drills clinics. I will not hold the Town of Weston, or the Weston Public Schools, or Weston Trojan Youth Football & Cheer, or Rising Trojans Football Academy, and or their employees, agents, volunteers, staff, coaches, or coaching assistants responsible in case of accident, injury, loss or damage suffered while participating in the program. The Rising Trojans Football Academy and WTYFC reserves the right to use any photos of coaches, players, or participants while in session, for promotions.

Signature of Parent/Guardian: _____ Date: _____