

# GYFL Skills Camp 2018

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

August 13th –15th

9am-12pm



*GYFL Football  
2016 Campers  
Courtesy of Leslie Yager*

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

### *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 2017-2018) \_\_\_\_\_

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 : Attn: Renee Murphy 3 Pleasant View Place, Old Greenwich CT 06870

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

## Dates:

Monday, Aug. 13 – Wednesday, Aug. 15  
9am -12pm  
Registration and check-in, 8:45 am

## Campers:

Boys entering grades 5-8, fall 2018  
Space is limited, so campers are encouraged to enroll early.

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

## Tuition:

\$100.00 per camper.

**\*\*After expenses the remaining profits will go to GYFL\*\***

The camp is an fun 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:

### Monday, Aug. 13h

Positional Skill Work  
Speed Training  
7 on 7 Passing scrimmage

### Tuesday, Aug. 14th

Positional Skill Work  
Agility work  
7 on 7 Passing scrimmage

### Wednesday, Aug. 15th

Positional Skill Work  
Competition Day  
Final Skills To Take Home

**For more information email - [rempga@aol.com](mailto:rempga@aol.com)**

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