



Deering Rams Football: ramlife207@yahoo.com -- #ramlife207 -- <https://ramlife207.wix.com/deeringramsfootball>

Little Rams Youth Football Camp 2017

JULY 17th - 21nd

OPEN TO: All Maine Boys & Girls, Entering Grades 2nd-8th ONLY

DEADLINE: July 10th, but walk-ons welcome if camp is not full.

INSTRUCTORS: Jason Jackson, Bill Presby, Jamel Murph & DHS Players

CONTACT: ramlife207@yahoo.com or 206-898-1499

DATES: July 17th – 21st, 9:00am – 4:00pm.

LOCATION: Deering High School: Practice Fields & Turf Field

COST: \$135 per child

REGISTRATION: Please Mail Registration Forms & Payment (Attn: Coach Jackson: 15 Lawn Ave, Portland, ME 04103) or Register In-Person by appointment with Coach Jackson – schedule a time by emailing Coach at ramlife207@yahoo.com

Please Note: Registration is 1st come, 1st serve and camp will be capped at 80 athletes. If Camp is not full by Tuesday, July 10th then walk-ons can register the morning camp starts, July 17th.

What to Wear / Bring: Athletic shorts & T-Shirt, Football Cleats & Gym Shoes, Sunscreen, Water & Bagged Lunch. (No pads / Helmets)

Ram Camp is designed to teach football fundamentals in a controlled setting.

Five days of non-contact football drills.

Each day will consist of drills and games focusing on: fundamentals of start & stance, route running, speed & footwork, offensive skill-sets and defensive skill sets.

DATES: July 17, 2017 through July 21, 2017

TIMES: 9:00am – 4:00pm (Coaches will be there setting up each morning if an earlier drop-off is needed)

Day 1: Registration 8:30am – 9:00am (if not previously registered)

DAILY PLAN:

9:00: Camp Team Stretch
9:20: Offensive Drills (40 minutes - stations)
10:00: Water Break
10:10: Defensive Drills (40 minutes - stations)
10:50: Water Break
11:00: Team Competitions (30 minutes)
11:30: LUNCH (30 minutes)
12:00: Guest Speaker (30 minutes)
12:30: Guest Speaker Competition
12:45: Ram Ball (45 minutes)
1:30: Two-Hand Touch Scrimmages (60 minutes)
2:30: Water Break
2:45: Two-Hand Touch Scrimmages (60 minutes)
3:45: Announcements/Awards
4:00: End of Day