

## Camp Schedule

5-5:15

*Dynamic Warmups*

5:15-5:30

*Football Specific Speed/Agility Drills*

5:30-6:00

*Tackling fundamentals/Circuit*

6:00-6:10

*Break*

6:10-7:00

*Position Skills and Drills*

7:00-7:25

*7 on 7 / Line techniques*

7:25-7:30

*End of practice huddle*

*\*Schedule may vary daily*



### FOOTBALL STAFF

BRIAN LAMB  
JARED SRONCE  
GREG POTTEIGER  
SHAWN FREEMAN  
TIM READY  
BEN SO  
ERIC STOKES  
STEVE WILSON

Return completed form and check to:

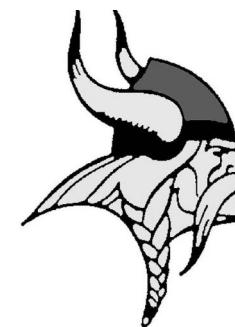
Langley Boosters Football c/o Beth Longo  
Langley HS

6520 Georgetown Pike  
McLean, VA 22101

Phone: 703-287-2766  
E-mail: [bclamb@fcps.edu](mailto:bclamb@fcps.edu)

Langley High School  
McLean, VA

## FOOTBALL SKILLS CAMP



*June 3-5*

*\*June 6 Rain Date*

*5—7:30 PM*

*@ Langley HS*  
*STADIUM FIELD*

Langley High School  
McLean, VA

# Langley Football Camp

2019 CAMP APPLICATION

## Sponsored By:

Langley High School Athletic Boosters

## Camp Directors:

Brian Lamb

Head Varsity Football Coach

Steve Wilson

JV Defensive Coordinator

Greg Potteiger

Head Freshman Football Coach

## CAMP STAFF:

Langley Varsity, JV, & Freshman Staff

&

Langley High School Football Team

*We are excited for the opportunity to teach the areas youth the fundamentals and techniques required to make the game of football both fun, and safe.*

## WHO MAY ATTEND:

Anyone in 3rd - 8th grade. Camp attendees will be broken into 2 groups (3rd-5th and 6th-8th). THIS IS A NON-CONTACT CAMP. The focus is will be on technique and fundamentals.

## LOCATION:

### Langley High School

6520 Georgetown Pike,  
McLean.

## WHAT TO BRING:

- Cleats
- Athletic apparel
- Water bottle

## COST:

\$75 per camper

NAME

ADDRESS

EMAIL

(H)

(C)

GR

F M

S M L XL XXL

~~GRADE for SY 18-19~~ GENDER SHIRT SIZE (ADULT)

METHOD OF PAYMENT (No REFUNDS after June 1, 2019)

Cash

Check made out to Langley Boosters

I hereby state that my child is in good health and has my permission to participate in all activities. I authorize the Langley Football staff to authorize emergency first aid in the event of sickness or injury. My signature below releases the camp, sponsors, staff, and director from any and all liability. Please list any medical conditions the staff needs to be aware of during camp.

Parents Signature

## Send to:

Langley Boosters Football c/o Beth Longo

6520 Georgetown Pike  
McLean, VA 22101

Phone: 703-287-2766

E-mail: [bclamb@fcps.edu](mailto:bclamb@fcps.edu)

Langley High School