

Lion MYFA Team Camp 2010

The Lion Football program will be holding a MYFA Team Camp on Sat August 21st @ Excelsior Middle School. Lion Varsity Football Coaches and current players will run the Camp.

Camp Schedule

8:00am -9:15am	4 th Grade Linn-Mar MYFA Teams
9:30am-10:45am	5 th Grade Linn-Mar MYFA Teams
11:00am-12:15pm	6 th Grade Linn-Mar MYFA Teams

Camp Itinerary

Lion Warm-Up

Tackling / Blocking Progression

Position Drills

Team Practice Time

There is **NO fee** for this Team Camp. 2010 Football T-Shirts and Posters will be available.

