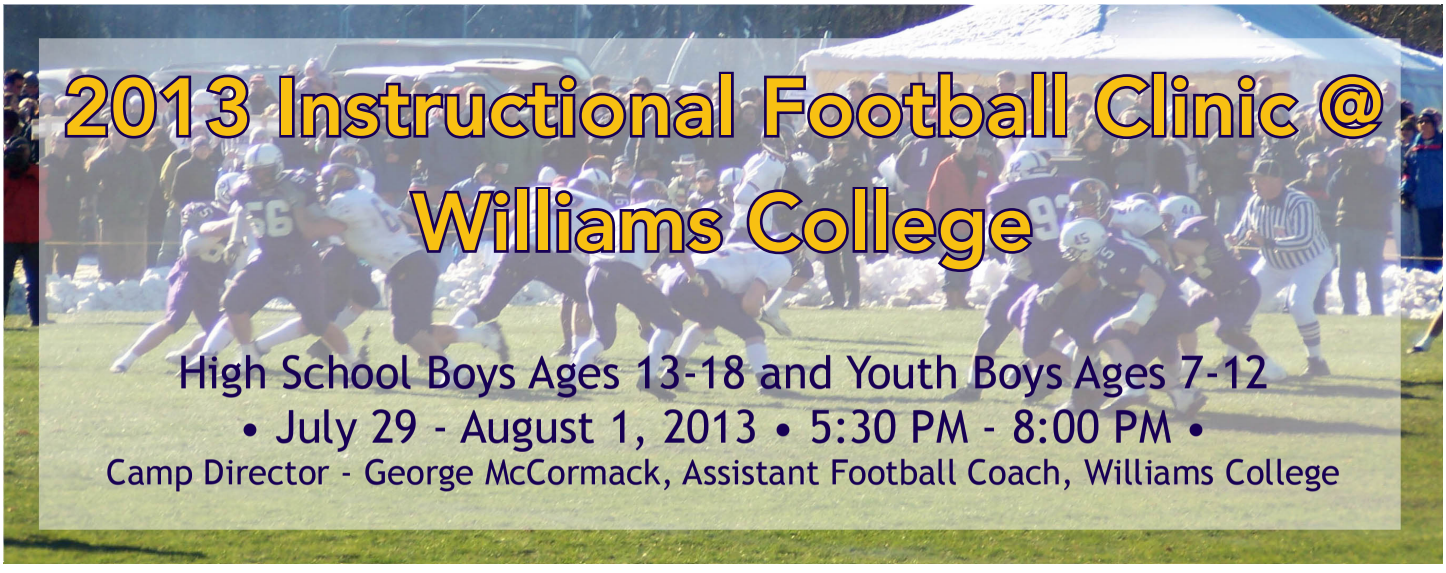
FOOTBALL CLINIC
DAILY ITINERARY

- Coaches Talk
- Stretch & Form Running
- Agility by Circuit
- Break
- Offensive Stations
- Break
- Defensive Stations
- Team Period & Specialists Period
- Conditioning
- Cool Down Huddle Groups

2013 Instructional Football Clinic
@ Williams College
22 Spring Street
Williamstown, MA 01267



2013 Instructional Football

LOCATION:
Both Clinics will take place on the artificial turf - Lamb Field - adjacent to Weston Field on Lathem Street on the campus of Williams College.

CLINIC FEE:
Early Registration-$100.00. Must receive application and a $25.00 non-refundable deposit BEFORE July 1, 2013.

Full payment is due prior to the start date of your respective clinic.

After July 1, 2013 - $125.00.
Full payment is due prior to the start date of your respective clinic.

All checks should be made payable to:
George McCormack

Send registration and payment to:
Instructional Football Clinic
@ Williams College
22 Spring Street
Williamstown, MA 01267

REQUIRED EQUIPMENT:
Helmets, mouthpieces, shoulder pads, practice shirt, shorts, athletic socks, spikes, sneakers, towel and a lock.

MEDICAL CARE:
Medical facilities are nearby and a full-time trainer will be on the field.

REGISTRATION:
Registration will be the Monday of the clinic week, beginning at 4:45 p.m. All participants must check in by 5:15 p.m.

CLINIC OBJECTIVE:
Each clinic is designed for boys in their respective age groups who will be interested in fundamentals and techniques of playing football. The clinics will be staffed by Williams College, local high school and youth coaches, as well as area college players.

CLINIC EMPHASIS:
The emphasis will be on quality individual and group instruction allowing participants to engage in daily experiences with players of equal skills. Each player will receive extensive fundamental station drills, team concepts and individual instruction, developing speed, quickness, reaction and conditioning.

TECHNIQUES:
This non-contact clinic will provide step-by-step instruction on all aspects of football: running, throwing, punting, blocking, catching, offense, tackling, kicking and defense.

Registration Form

Return to:
Instructional Football Clinic @ Williams College
22 Spring Street
Williamstown, MA 01267

Name_____
Home Address_____
City _____
State _____
Zip _____
Home Phone ( )_____
School _____
Entering Grade (Fall 2013) _____
Height _____
Weight _____
Shirt Size_____

IN CASE OF EMERGENCY NOTIFY:

Name_____
Address _____
Phone ( ) _____

Applicant's Signature:

_____

2013 Instructional Football Clinic @ Williams College

The undersigned parent or guardian understands that while participating at the 2013 Instructional Football Clinic @ Williams College, my son will be engaging in physical activity which contains an inherent risk of physical injury, and the undersigned assumes the risk and releases, waives, and covenants not to sue the 2013 Instructional Football Clinic @ Williams College and the President and Trustees of Williams College, their Officers Trustees, Agents, Employees and related parties from any and all liability for personal injury, including, without limitation, any and all liability arising from the negligence of Williams, arising out of my son's participation at the 2013 Instructional Football Clinic. I hereby grant permission for my son to attend the 2013 Instructional Football Clinic and to be treated by a licensed physician or a member of the athletic training staff for any injury, accident, illness, or mishap. I hereby agree to pay through my insurance company or otherwise for any medical treatment that may be necessary. I certify that my son is in good health and is able to participate in all activities.

Parent or Guardian Signature:

_____ Date: _____