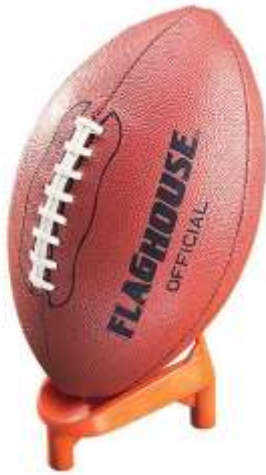


KENNEDY COUGAR

1st Annual

Ladies Football Camp for Charity



One Day Camp

July 19th

6:00-8:00pm

On the Kennedy JV field

*Check-in will be at 5:45



Coaches- Kennedy High School Staff

Objective- Teach Football fundamentals

- Warm-up and agility drills
- Offensive drills and skills including passing, catching & running the ball
- Defensive drills and skills including turnovers and tackling technique
 - Specials including kicking and punting
- (optional) Pad up and tackle the dummy in a helmet and shoulder pads



Cost- \$20- Camp T-Shirt included in camp cost- ****Note****All proceeds above cost will be donated to the **Madge Phillips Center Shelter** in the name of the "Kennedy Cougar Football Family"

(Please make checks payable to Cougar Football)

Dress- Workout clothing and workout shoes

Questions- Contact Kennedy Head Coach Brian White- bwhite@cr.k12.ia.us or 431-9572

Kennedy Football Spring Camp Registration Form (Please Print):

Name: _____

Address: _____ City: _____ Zip: _____ Phone: _____

E-Mail Address: _____ T-shirt Size- Adult- S M L XL XXL

Mail registration and checks to (\$30):
COUGAR FOOTBALL
attn: Coach White
6218 Casey Ct
Cedar Rapids, IA 52411

Walk-ups welcome (T-shirt will be available at a later date)
This camp is not affiliated with the Cedar Rapids Community School District