

BULLDOG YOUTH FLAG FOOTBALL FALL 2017
SKILLS & CONDITIONING CLINICS

IN OUR FLAG FOOTBALL CLINICS, OUR COACHES WILL HELP YOUR CHILD PRACTICE AND PREPARE FOR THE UPCOMING FLAG FOOTBALL SEASON! BALL DRILLS, RUNNING ROUTES, MAN-TO-MAN AND ZONE COVERAGE, QB AND RECEIVER DRILLS, AND MUCH MORE! EVEN IF A YOUNG ATHLETE IS NOT PLAYING IN A LEAGUE, SEND THEM FOR A GREAT SUNDAY WORKOUT!

DETAILS:

- 2 HOUR CLINICS
- OFFENSE AND DEFENSE PRACTICE
- FLAG FOOTBALL SKILLS AND DRILLS
- AGILITY, CONDITIONING, AND ENDURANCE
- GRADES 1st -6th COED

DATES:

- SUNDAY, SEPTEMBER 10TH 10AM-12PM @ Oak Knoll School in Menlo
- SUNDAY, SEPTEMBER 17TH 10AM-12PM @ Oak Knoll School in Menlo
- SATURDAY, SEPTEMBER 23RD 12PM-2PM @ Oak Knoll School in Menlo
- SATURDAY, SEPTEMBER 30TH 12PM-2PM @ Oak Knoll School in Menlo

PLEASE SEND YOUR CHILD PROPERLY FUELED AND HYDRATED IN ATHLETIC APPAREL AND WEARING CLEATS!

SIGN UP WITH A FRIEND OR TWO, OR EVEN AS A TEAM OF 7!

Sign up here for 1,2,3 or all 4 clinics!

<https://www.bulldogsportsandfitness.com/skills-clinics>

THE #1 FLAG FOOTBALL PROGRAM IN

*MENLO-ATHERTON

*PORTOLA VALLEY

*WOODSIDE

*PALO ALTO



bulldogflagfootball
Menlo Park City School District >

