

# *9<sup>th</sup> Annual Littleton High School Youth Football Camp*

Littleton High School Head Football Coach, Jay Lukes and his staff, are proud to offer this comprehensive, **FULL CONTACT FOOTBALL CAMP** for Youth League Players. This is your chance to get a head start on the upcoming football season and have a great time.

Date: Monday - Thursday, July 12<sup>th</sup> – 15<sup>th</sup> Time: 5:30 p.m. – 7:30 p.m.

Where: Littleton Public Schools Stadium - Littleton High School  
199 E. Littleton Blvd, Littleton, CO 80121 (Broadway & Littleton Blvd.)

Cost: **\$75** Individual Camper

This camp is for players entering grades 4, 5, 6, 7 and 8. Football veterans and first time players will learn from the Littleton High School Staff, current and former Littleton Football players, and guest coaches from around the area.

- Learn and practice the fundamentals of football that will make you a better player.
- Blocking, Tackling, Throwing and Receiving– the building blocks of football
- The importance of leadership, sportsmanship, and teamwork.
- Specialized instruction led by the Littleton coaches, at the position of your choice.
- Skills, strength and agility testing to help determine areas of needed improvement and position selection.

## **OFFENSIVE SKILLS & DEFENSIVE FUNDAMENTALS**

Proper Stance and Start by Position	Proper Tackling Technique	Ball Handling and Exchanges
Route Running, Receiving	Blocking	Turnover Creation and Recovery
Pass Coverage Technique	Passing	Blocking and Pursuit Angles

## **Camp Highlights**

- Camp Practice Jersey
- Compete with players your own age in 7-7 games, run scrimmages and other competitions.
- Camp Awards by Position
- Free Admission to Littleton High School Home Football Games
- **Full equipment:** Helmet, shoulder pads, jersey, hip pads, pants with pads, mouthpiece and cleats. (*Campers need to provide own equipment*)

**Make Checks Payable to:**  
Purple & Gold Camps

**Mail:** Purple and Gold Camps  
6126 South Cook Street  
Centennial, CO 80121

***Enclose this camp application along with your check for \$75 or Credit Card Information***

**Registration Deadline is July 9<sup>th</sup>**

**Direct any questions to: Jay Lukes – 720-884-7211 or email questions to: [jlukes@lps.k12.co.us](mailto:jlukes@lps.k12.co.us)**

*Please detach and send with payment – DUE JULY 9<sup>TH</sup>*

**EACH CAMPER MUST COMPLETE THE REGISTRATION FORM AND SIGN THE WAIVER BELOW.**

**Littleton Lion Youth Football Camp 2010 – 6126 South Cook Street Centennial, CO 80121**

Name \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email (Important for Confirmation)

\_\_\_\_\_

**Make checks payable to: Purple and Gold Camps**

**Or payable by Credit Card:**

Name on Card: \_\_\_\_\_

Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

T-Shirt Size: Youth: M L Adult S M L XL XXL

Do you live in the Littleton High School Attendance Area? Y or N

*I herby authorize the staff of the Littleton High School Youth Football Camp to act for me according to their best judgment in any emergency requiring medical attention. I herby waive and release the Littleton High School Youth Football Camp and Littleton High School from and all liability for any injuries or illness incurred while attending the camp.*

*\*Parent / Guardian Signature\**

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