



# BULLDOG FOOTBALL ACADEMY

## Clinic for Youth Players & Coaches



- **Who:** Hampton Roads Youth Football Players and Coaches
- **What:** A free clinic for Hampton Roads youth players and coaches to become more efficient in safe and fundamentally sound football skills.
- **When:** Saturday, May 13<sup>th</sup>, 2017 - 9:00 AM to 12:00 PM
- **Where:** Norfolk Academy  
1585 Wesleyan Drive  
Norfolk, VA 23502
- **Contact:** Steve Monninger, Norfolk Academy Head Football Coach  
Simply Email Coach Monninger to Register:  
[smonninger@norfolkacademy.org](mailto:smonninger@norfolkacademy.org)
- **Cost:** Free

### Youth Football Players

Bring cleats, sneakers, a full water bottle, and wear athletic clothing.

#### PROGRAM:

9:00 AM - Welcome, Philosophy, "Fill The Tank"

9:15 AM - Performance Prep

9:30 AM - Tackling Curriculum

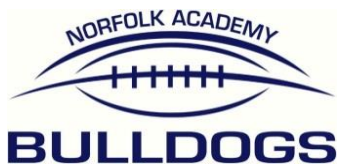
10:00 - Tackling Circuit

10:30 - Defensive Skills Circuit

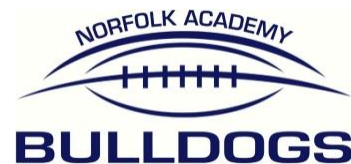
11:30 - Offensive Skill Circuit

11:30 AM - Strength and Conditioning Considerations

11:45 AM - Authentic Manhood



**RESPECT.**  
**COMMITMENT.**  
**TOUGHNESS.**





**“BULLDOG FOOTBALL  
ACADEMY”**  
**Youth Coaching Clinic**



**Waiver of Liability**

I give my consent and approval for my child's / my team's participation in Norfolk Academy's Program. I certify that my athlete(s) are physically fit to participate in all activities, and I hereby authorize any medical treatment which may be advised or recommended by an attending physician while my child is participating in the program. I will not hold Norfolk Academy responsible in case of accident or injury as a result of participation.

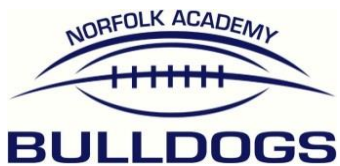
By signing this paper, I acknowledge that I have read, understood, and agree to the parents' statement above.

Organization \_\_\_\_\_

Parent/Coach Name (Print Clearly) \_\_\_\_\_

Signature \_\_\_\_\_

Email Address \_\_\_\_\_



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TOUGHNESS.**

