

SANTA BARBARA HIGH SCHOOL DONS FOOTBALL CAMP

Coach Stone, Staff and Alumni are proud to present:

A up tempo camp designed to teach and apply fundamentals in a competitive game speed environment. The camp will consist of conditioning and football specific training. Instruction will be given by experienced Coaches, Alumni and former college football players to better assist your child. Be prepared to work hard, compete and most of all have fun!

THE 3rd ANNUAL YOUTH SUMMER CAMP

Football • Speed • Skills & Development



Special Guest Trainers

Monte' Nash - Creator of the Speedsac Sad-Sled and developer of the I.M.F.A.S.T strength training program

Kareem Larimore - Former Dallas Cowboy and Arena Football star. Co Founder of "Camp Shutdown"

Chris Phillips - Founder of Muscle Activation South Bay and Co-Founder of "Camp Shutdown"

June 15th thru June 18th

Monday thru Thursday: 4:00 – 6:30 p.m.

SANTA BARBARA HIGH SCHOOL PEABODY STADIUM

CAMP ELIGIBILITY: Ages 8-14

CAMP COST: Pre-Registration \$50.00 (by June 8th, 2015)

On-Site \$60.00 (Providing there are open slots. Space is limited.)

Cost Includes: The best training, camp tee-shirt, & Thursday BBQ

EQUIPMENT: All participants are to wear athletic shorts, cleats and water

DAILY CHECK-IN: Campers must check-in at Peabody Stadium daily at 3:30pm.

MAIL FORM & PAYMENT TO: Ye Ole Gang /Santa Barbara Dons Football Alumni

P.O. Box 579
Santa Barbara, CA 93116