



"Tradition of Success"

HIGH SCHOOL FOOTBALL PREPARATION CAMP



Location: Laguna Hills High School Weight Room and Stadium

Days and time: Tuesday and Thursday nights 5:30 pm-7:00 pm

Session 1: February 6th - March 16th

Session 2: March 21st - May 4th

Cost: \$125 per session

This camp is designed for students currently in **6th, 7th, and 8th grade**. It will be an introduction to important fundamental techniques on and off the field to help prepare student athletes to succeed at the high school level. The participants will be instructed by Laguna Hills High School Head Football Coach Mike Maceranka and other varsity assistant coaches.

- **Introductory strength and agility training**
- **On the field football skill development**

The goal of these two high school preparation camps is to teach the student athletes the proper techniques in the weight room and on the field. The student athletes will be instructed in the Olympic lifts in the weight room which all high school programs incorporate into their off-season and in-season strength programs. These lifts build strength, power, and explosion which benefit all sports. After instruction in our state-of-the-art 4000 sq. ft. weight room, the camp will move outside for on-field drills. The on-field drills will consist of footwork development and football skills.

If students have an interest in playing high school football, this is a great introduction to the training they will be expected to master at the high school level. They will get ahead of the competition and improve their all-around athleticism and football skill level.

Register online at communityservices.svusd.org

For more information or questions contact: Tasha Johansen at Tasha.johansen@svusd.org