

# PARKLAND STAFF PHILOSOPHY

Our mission is to provide quality, age appropriate, individual instruction by the Parkland Football Staff and current Varsity Athletes

Coach Moncman and his staff believe that the foundation to any player's skill set is proper fundamentals, technique, and love for the game.

## CLINIC HIGHLIGHTS

- Introduction to technique that each position requires
- Demonstration of safe football techniques
- Instruction from Parkland Football Staff and Current Players.
- All Youth Coaches welcome to observe

### Cost:

\$10 per Session/\$40 Total

\*Can attend as many sessions as you like.

### Make Cash or Check to:

Mr. Tim Moncman  
5001 Lanark Road  
Center Valley, PA 18034

# TROJAN FOOTBALL CLINICS 2019

**Youth Football Clinics**  
Grades 3rd-9th

Parkland High School  
Turf Field

Sundays  
June 30, July 7, July 14, July 21

6:00 PM-8:00 PM

**YOUTH COACHES WELCOME  
TO OBSERVE & TALK WITH  
PARKLAND STAFF FOR FREE**





## WHAT TO BRING

- Proper Workout Clothes
- Cleats
- \*Sneakers IN EVENT OF RAIN
- Water Bottle

## TENTATIVE WEEKLY SCHEDULE

**6:00-6:10** Dynamic Warm-Up

**6:15-6:30** Agility Drills and/or Instruction

**6:35-7:05** Offensive Position Specific Drills

**7:10-7:40** Defensive Position Specific Drills

**7:45-8:00** Clinic-Wide Game



## PARENTAL CONSENT

I hereby grant permission for my child to attend the Trojan Football Clinics and verify that my child has received a physical examination in the past year and is physically capable to participate in the activities related to the clinics. In case of emergency, I hereby authorize the staff of the Trojan Football Clinics to act for me according to their best judgement in any emergency requiring medical attention. I hereby waive and release the camp and/or its agents or employees from all liability or illness to my child as well as any injury or damage caused by my child while my child is at the clinics. I verify that my child is covered under a current medical insurance plan. I also understand, for liability reason, these clinics are not Parkland School District sponsored activities.

### Signature

**Must be signed by parent or guardian**

Name

Address

City

State

ZIP

Emergency Phone #

**PLEASE CHECK DATE(S) ATTENDING**

June 30

July 7

July 14

July 21