

# 7<sup>TH</sup> Annual Jim Donato

## NO HUDDLE

YOUTH 7-14



# FOOTBALL CAMPS

**June 29, 30 - July 1,2**

9:00 AM – 3:00 PM



**July 13, 14**

9:00 AM - 3:00 PM

No Huddle camps in conjunction with PARISI speed training present a 2-day camp

**LOCATION** for camps: June 29-30 July 1-2  
Kennett Middle School Athletic Field  
Landenberg, Pennsylvania.

July 13-14 at USTC in Downingtown, PA.

... The **No Huddle** Camps are non-contact youth football camps for boys ages 7-14 looking to master both the fundamentals and specialties of high level football techniques. The camps are designed to teach the players the basics of football, which will enhance their overall football ability, along with specialty skills that will push the players to the next level. Main focus is to have FUN!

The Camps are fun and instructional and the instructors take **great pride** in making certain each camper leaves a better football player.

The **No Huddle** Football Camps are also considered great training camps for the *Bert Bell Football Association*. Your child will be prepared and "ahead of the game" by joining our camps. Both beginners as well as experienced players will benefit and are welcome!

The **Strength and Speed Developmental** camps will be run by Eric Mitchell of Parisi Speed Training. Eric has coached numerous NFL players and prospects along with High School and College athletes. Eric is presently working with many youths throughout the area to improve their speed and strength training for specific sports.

### DATES & FEES

#### Strength & Speed Development Camp I

June 29 (9:00-12:00 only) \$29.00

#### QB /WR Elite Technique Camp

June 29 \$65.00

#### Offense – Defense All Position Camp

June 30 July 1, 2 \$129.00

#### Weekly Camp Pass

Incl. QB/WR, Offense/Defense, Strength/ Speed & Developmental Camps  
\$189.00

#### Combo Camp Pass

Strength & Speed *PLUS* QB/WR Camp  
\$69.00

*or*

QB-WR *PLUS* Offense-Defense Camp  
\$149.00

#### Speed & Development II Camp

July 13th

*and/or*

#### Skills and Drills Football Camp

July 14th

Fee: \$99.00 for both, or chose Speed \$59 Skills \$49.00

#### Walk-Up Registration Fee (Day of Camp)

(Waived when paid in advance)

\$10.00

### CAMPS OFFERED

1. QB - WR Elite Technique Camp
2. Offense/Defense All Position Camp
3. Strength/Speed Development Camp I & II

### SCHEDULE

#### Offense – Defense

- Form running & stretch
- Technique & group work
- Unit practice & testing
- Position meeting/chalk talk
- Games and challenges

#### QB - WR Break Out

- Distribution of bags/jerseys
- Drill Work
- 7 on 7
- Film review
- 1 on 1 with WR
- Pre-snap/post-snap coverage reads
- Challenges and competitions
- Keys to success at any level
- QB - must list

#### Strength & Speed Development by PARISI Speed School

- Proper technique in Speed Training
- Speed drills
- Timed Events: 40/20/10 - Pro Agility
- Unique training methods
- Proper weight training

### FORMS

Each camper must have the medical release statement and liability waiver (part of the application) signed prior to attending the camp.

**Make checks payable to:** **Jim Donato**

**Mail payment/application to:**

Jim Donato  
(No Huddle Football Camps)  
5311 Countryside Drive  
Kinzers, PA 17535

**A P P L I C A T I O N**

**ITEMS TO BRING**

- Shorts
- T-Shirt
- Socks
- Football Cleats
- Sneakers
- Towel
- Water and/or Sports Drink
- Lunch

The **No Huddle** Camp is "non-contact"; therefore, no pads or equipment is necessary

Sessions will be fast-paced, so please be properly hydrated upon arrival.

The last day of camp will feature a Pizza Party and a Football Movie to enjoy during the luncheon.

**No Huddle** Certificates will be awarded upon completion of the camp.



**CONTACT**

For additional information, please contact  
Coach Jim Donato.

Phone: (717) 808-5984

Email: Jdonato@KCSD.org

**www.NoHuddleFootball.com**

Name \_\_\_\_\_ Age \_\_\_\_\_

Grade (Fall-08) \_\_\_\_\_ School \_\_\_\_\_

Address \_\_\_\_\_

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

Parent/Guardian \_\_\_\_\_

Phone (Home) \_\_\_\_\_ Phone (Cell) \_\_\_\_\_

Email \_\_\_\_\_

T-Shirt size (Adult): S M L XL XXL

Attending:

\_\_\_\_\_ **Strength & Speed Development Camp I by PARISI**

June 29 - **\$29.00** (from 9:00-12:00 only)

\_\_\_\_\_ **QB/WR Elite Technique Camp**

June 29 - **\$65.00** (12:00-3:00 only) Both Camps on June 29<sup>th</sup> is **\$79.00** (savings of \$15.00)

\_\_\_\_\_ **Offense/Defense All Position Camp**

June 30, July 1, 2 - **\$129.00**

\_\_\_\_\_ **Weekly Combo Pass: Incl. QB/WR, Offense/Defense, Strength & Speed Camps - \$189.00**

**Combo Camp Pass:** (Choose one)

\_\_\_\_\_ - July 13 14 Strength & Speed II *PLUS* Skills & Drills camp - **\$99.00**

\_\_\_\_\_ - July 13 Strength & Speed II (at *USTC in Downingtown*) - **\$59.00**

\_\_\_\_\_ - July 14 Skills and Drills Camp (at *USTC in Downingtown*) - **\$49.00**

**Medical Release/Waiver:** I hereby authorize Jim Donato and the Staff off the **No Huddle** Football Camp to act for me according to their best judgment in any emergency requiring medical attention, and I hereby waive and release the camp and KCSD along with the USTC from any and all liability for any injuries or illnesses incurred while at the camp.

**Parent/Guardian Signature:**

\_\_\_\_\_ Date \_\_\_\_\_

**Emergency Contact:**

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Phone (Primary) \_\_\_\_\_ (Secondary) \_\_\_\_\_

Name of Physician \_\_\_\_\_ Phone \_\_\_\_\_

List any know medical conditions \_\_\_\_\_