



BOYS FLAG FOOTBALL SPRING BREAK CAMP

**April 1-3, 2025
10AM - 1PM**

We promise to help you improve your skills:

QUARTERBACK

Throwing
Fundamentals
Windup & Release
Accuracy & Arm Strength
Effectively Throw Against Man
or Zone Coverage

RECEIVER

Running Effective Routes
Body Control
Change of Direction
Win Man Routes
Read Zone
Catch the Ball

FOR BOYS GRADES 9-11

\$80



DEFENSIVE BACK

Defend Against a Receiver
React to a Run or Pass
Correct Stance
Alignment
Movement
Angles of Pursuit to Pull
the Ball Carrier's Flag

Location:

TTC4 - 1030 - 34 Ave, Nisku

TO REGISTER: <https://bit.ly/4kATspa>

EMAIL: AIRSTRIKESPORTSACADEMY@GMAIL.COM



www.airstrikesportsacademy.ca

DEADLINE TO REGISTER: FRI. MAR.28