

2022 EL CAMINO SPORTS ACADEMY FOOTBALL SKILLS AND BARBELL CLUB

All current middle schoolers, getting ready for high school!

El Camino Sports Academy would like to invite you to participate in our off-season football skills and condition camps!

These camps will provide future high school scholar-athletes an early opportunity to develop core football skills and weight room conditioning, resulting in confidence and a foundation for high-level performance. Our goal is to provide every participant with a safe meaningful head start to compete in high school football through pride, hard work, integrity, and a commitment to the task at hand. Whether you are new to athletics or a previous competitor, this club is for all who want a chance to grow personally and be part of a family. GO EAGLES!

OFF-SEASON FOOTBALL PROGRAM INFO:

All four Camps to all that sign up PLUS free admission to Tackling & Skills Clinic in April (TBA)

MONDAYS: Passing Game Fundamentals

TUESDAYS: Run Game Principles

THURSDAYS & SATURDAYS: (Defensive Foundation for Lineman & Skills)

All four camps are included in the \$100 per participant fee. Student-athletes can attend as many camps as he or she would like.

Grades: 6th-8th

Cost: \$100 per participant

Location: El Camino High School- 4300 El Camino Ave., Sacramento
Weight Room and Football field

When: Monday, Tuesday, & Thursday camps start at 4 pm & end at 6 pm
Saturday's camp starts at 12:00 and ends at 2:00 pm.

Dates: February 8th and concludes on May 28th,
the beginning of El Camino High Summer Football.
No camp April 11-15.



Please contact Coach Dolliver for any questions-
415-747-7099 OR elcaminosportsacademy@gmail.com