

SEP RAMS QB & WR 2019 ACADEMY

Come learn quarterback, wide receiver and running back play with the SEP High School Football Staff, former players and guest coaches from the area. Each day will include throwing and catching competitions, games and a whole lot of fun!

JUNE 10-12

3rd-8th grade 5:30-7:00 p.m.
SEP Stadium

\$65

Quarterbacks will receive:

Instruction on throwing mechanics and footwork drills from head to toe.

Strength & accuracy passing drills,
3 & 5-Step drop mechanics.

Older campers will be introduced to pre and post-snap read progressions of basic passing game concepts.

Wide Receivers & Running Backs will develop:

Stance & Start mechanics and ball security fundamentals,

Route running techniques,
Ball catching fundamentals.



Camper's Name	Grade in Fall	Age	School
Address	City, State, Zip		
Home Phone	Emergency Phone		
E-mail	Circle T-Shirt Size		
	Youth M Youth L Adult S Adult M Adult L Adult XL Adult XXL		



CONTACT

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Click [HERE](#) to Register online at RamMall, or send the completed form with your check payable to Southeast Polk High School.

A non-refundable \$5 processing fee will be issued on requested refunds