



**West Coast Football Camps Presents:**

**The 3rd Annual Central Coast Youth Football Coaches Clinic (July, 2010 @ TBA). Learn from the top High school and College coaches on the Central Coast. Check in begins at 8:30. The clinic starts at 9am and ends at 2pm.**

**Cost: \$ 35.00**

What will be covered during the clinic:

- \* Honoring the Game: The responsible Coach's code.
- \* Coaching Mastery: The ELM approach (effort, Learning, mistakes are OK)
- \* Determining Goals for our kids in sports
- \* Filling players emotional tanks

**\* Beyond X's and O's**

- *Designing Meaningful Practices*
- *Game Day Organization & Game Plan*
- *Techniques*
  1. *Throwing*
  2. *Catching*
  3. *Quarterback Footwork*
  4. *Offensive Line Block*
  5. *Pass Rushing*

**The Offense: X's and O's**

6. *Offensive Positions*
7. *Offensive Formation*
8. *Hole Assignment*
9. *Passing Plays*
10. *Designing An Offensive Series*
11. *Designing Your Pass Offense*
12. *Passing Trees*
13. *Offensive Running Series*

**The Defense: X's and O's**

14. *Defensive Alignments*
15. *Individual DL Stunts*
16. *DL Pass Stunts*
17. *Designing Your Pass Defense*
18. *Combo Inside Backer DL Stunts*

**Special Teams: X's and O's**

1. *Special Teams Alignments*
2. *Special Teams Positioning*
3. *Kicking Off Techniques*
4. *Coverage & Return*
5. *Punt Protection & Coverage*
6. *PAT's and Field Goals*
7. *Game planning*

Please direct all inquiries to:  
Office phone: (805) 744-2187 Office fax: 805-744-2187  
(805) 441-5157 (805) 441-1159

Mailing address  
West Coast Football Camps  
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Email: [mail@westcoastfootballcamps.com](mailto:mail@westcoastfootballcamps.com)  
Visit our website @ <http://www.westcoastfootballcamps.com>

Coaches Name: \_\_\_\_\_ Email: \_\_\_\_\_

Phone number: \_\_\_\_\_ Cell: \_\_\_\_\_

Street Address: \_\_\_\_\_

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

Coaches Clinic: \$35 \_\_\_ Chapter \_\_\_\_\_ Level you coach \_\_\_\_\_

Cash Amount: \_\_\_\_\_ Check Amount: \_\_\_\_\_ Check #: \_\_\_\_\_

Credit Card (circle one): Visa Master Card

Address if different: \_\_\_\_\_

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

CC #: \_\_\_\_\_

Exp date: \_\_\_\_\_ 3 digit code: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### Waiver PLEASE READ CAREFULLY

By signing this legal document, you are giving up any legal right you may have to sue West Coast Football Camps and National Competition Camps, LLC in court for money damages. The Participant, \_\_\_\_\_ desires to willingly participate in the West Coast Football Camp Youth Football Camp (the Event). In exchange for participation in the Event, Participant agrees for him/herself and his/her heirs, estate, insurers and assign to fully release West Coast Football Camps and National Competition Camps and their affiliated companies, successors, and assigns from any damages, injuries (including death), lawsuits, expenses (including attorney fees) and any other liability, of or to me or any other person, in connections with participation in the Event.

I am the parent/legal guardian of the Participant. On behalf of Participant, Participant's parents or guardians, heirs, estate, insurers, assigns and anyone else who may make any claim on behalf of Participant, I hereby agree: (1) to all, and will cause Participant to comply with, the above terms; (2) to hold harmless, indemnify and reimburse West Cost Football Camps and National Competition Camps from and for any sums, costs, or expenses (including attorney fees) incurred or paid by West Coast Football Camps and National Competition Camps to any person in connections with any loss, damage or injury (including death) arising our of Participant's participation in the Event. I HAVE READ THE RELEASE AND THIS AGREEMENT CAREFULLY, FULLY UNDERSTAND THEIR CONTENTS and VOLUNTARILY AGREEE TO THEIR TERMS.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_