

“Girls’ Football - Sports Academy”



Campers go through various football drills while attending our camp. The emphasis is place helping campers get better with their footwork, passing, receiving, and defensive skills. Team concepts are Introduced with various offensive & defensive plays implemented so campers can get ready for the upcoming season. Campers will play games during the camp session! Individual instructions will be given at every grade level. Hard work will be on display at this camp!

- Campers needed to bring -

- Football Cleats
- Camp issued Practice Gear (everyday no exceptions)
- Water Bottle
- {2} Towels
- Extra Socks
- Travel Bag
- Lunch & {3} Energy Snacks
- White T-Shirts (under practice gear)
- Great Attitude



- The Football Experience -

Academy Instruction

Offensive Skills Training



Learn the fundamentals of football. These sessions utilize innovative drills to improve passing & receiving, footwork and agility. The station sessions are 1-hour long and are designed for those new to the sport or with little experience. Stations around the field will allow players to experience drills at each position. Goal of the camp is for campers to master the fundamentals, so they can be ready for their football season.



- Offensive Concepts -



Academy Instruction

Defensive Skills Training

Cadets will get the real understanding of playing on the offensive line. Proper stance, footwork, using the hands will all come into play. Cadets will be taught the mental part of the game, as the men in the trenches is where the game is won. Five on five drills and team concepts will be introduced during these two weeks of the camp. Learning the fundamentals of the defensive side of the game will be on full display. Cadets will learn the art of tackling at the point of attack, defensive schemes, and footwork.



- Defensive Concepts -

Academy Instruction

Special Teams Skills Training



Learning the fundamentals on the special teams side of the game will be on full display. Campers will learn the art of kicking the football, long snapping, and field goal important during the academy. Campers also be taught how to field punts and kickoffs. Form and follow through will be the main focus of these academy sessions.



- Special Teams Concepts -



Academy Instruction

Receiving

Body position, eye coordination, and hand position will introduce . The goal is for all athletes that want to be a good receiver work on the fundamentals and the art of catching the football.



- Receiving -



Academy Instruction

Conditioning

Footwork, lateral movement and conditioning are all part of the game of football. Being in top condition will give you the edge you need late in the game! We will get you in playing shape!



- Conditioning -



As part of the girls' football program, students will take part in our mentoring & leadership classes. The goal is to prepare our student athletes how to work together , as a team on and off the field.



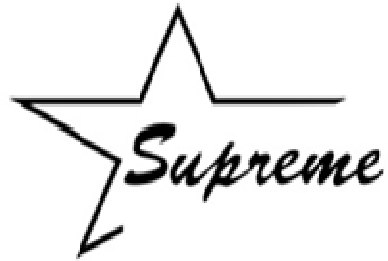
-Mentorship & Leadership -



Campers receive (2) sets of practice gear to wear at camp. Travel bags with logo will also be issued to all campers. Campers must be in full camp gear while on the camp site. Campers are responsible for their practice cleats preferably black. Campers will also be provide with water bottles and camp bags to bring the gear to camp.



- Campers' Gear -



Items needed for registration

Parent's ID

Update picture of your child

Any medical restrictions, we need to know about

Practice Gear Sizes - (Shirts & Shorts)

Class schedules for tutoring

Academy Hours & Sessions

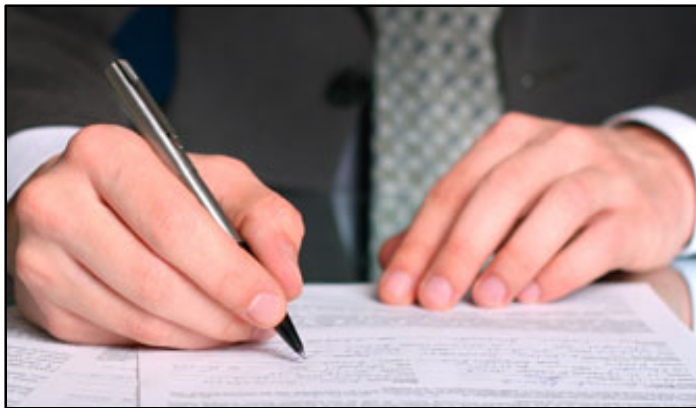
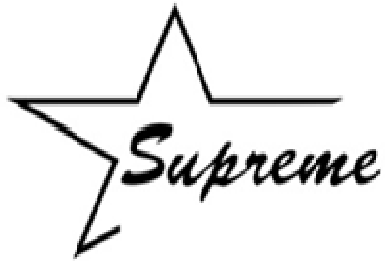
(TBA)

Holiday, School Break, Summer Camps Available

Full Day / 8am - 6pm / TBA



- Registration Information -



Monthly Tuition / TBA

Girls' Football - Program

Academy tuition cover the cost for the entire monthly academy experience, which includes the sports training experience, and daily meals.

Program deposit of (TBA) is required at time of registration. The deposit cover the 1st month tuition, t-shirts & shorts, travel bag, and administration fees.

TBA - monthly tuition discount for multiple family members are available at the time of registration.

Payment methods accepted;

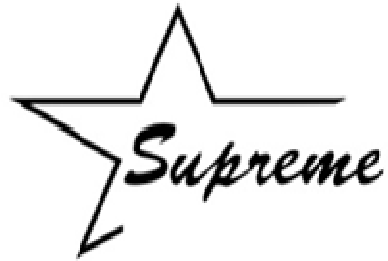
School's Payment Portal

No Cash App payments will be accepted.

Holiday & School Break Camp Available - TBA



- Students' Registration Information -



For more information Contact Us

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Academy Hotline / 470 – 494 – 0292

Website: www.coreathletics.org

Academy - Executive Directors

Jerome Smith

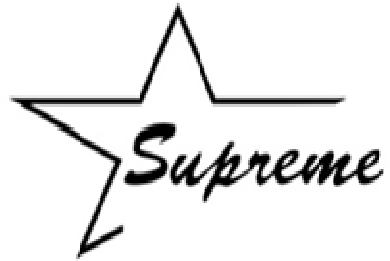
470 - 710 - 4373

Rashid Caraway

919 - 376 - 7167



- Contact Information -



Come be apart of the Best Sport Academy Program in the nation!

A place where kids can be kids!



- Welcome Information -