

Up and Through Specialty Camp

For the Lebanon Warrior Youth Football League

2010

WHAT: Kicking and Punting Instruction

WHERE: Lebanon Warrior Youth Football League Home Field

WHEN: Thursday July 15th & Friday July 16th

4:30-6:30 pm (6th, 7th & 8th Graders)

6:30-8:30 pm (4th & 5th Graders)

What to bring:

- Cleats
- 1 Football (Well Marked)
- Kicking Tee / Holder
- T-Shirt / Shorts / Socks

* Be prepared for adverse conditions, as sessions will be conducted regardless of weather.

Camp includes:

Professional Instruction including Individualized Attention & Camp T-shirt!

*****There will be Special Guest appearances*****

The “Up & Through” approach to Kicking and Punting includes:

- * Total explanation of the Kick and Punt tailored to the age group being coached
- * Entire Body involvement in the Kick and Punt
- * Drills guaranteed to enhance the Kick and Punt
- * Discussions pertaining to Training and Equipment

Tim Williams was a 4-year starting Place Kicker for the Ohio State University from 1990-1993. He was an All Big Ten Kicker and was named to the Ohio State All-Century Football Team in 2000. Tim has been instructing young kickers and punters for 19 years now. Tim now works with nearly every kicker in the Southwest Ohio area as well as many Nationally. His main focus is to improve each individual and give him or her things to work on to continue to improve on their own.

www.upandthrough.com

Please fill out the information below and return it to the address stated by JULY 1 or pay a \$5 late fee!!

Players Name _____

Parent Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Grade _____

Coach's Name _____

Team Color (circle) Maroon, Black, White, Silver

T-Shirt Size (circle) YM YL AS AM AL

(there is no youth small)

COST \$28

**Tim Williams
3809 Mary Ann Drive
Lebanon, OH 45036**

* Make Checks Payable to Tim Williams

I hereby authorize Tim Williams to act for me according to his best interest in any emergency requiring medical attention, and I hereby release and waive Tim Williams and the Lebanon Warrior Youth Football League Coaches and Board Members from any and all liability for any injuries or accidents incurred while at camp.

Parent or Guardian Signature _____

Questions and Comments please call (614) 530-0023

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