



Rosemount Irish



2006 State Semi-Finalists, 2006 Section 1 Champions 2008 State Semi-Finalists, 2008 Lake Conference Champions, 2008 Section 3 Champions, 2009 Section 3 Runner-Ups

Youth Football Camp & Flag Football League

(Boys going into grades 3-8)

(Boys & Girls going into grades 1-8)

Youth Football Camp

June 21-24 8:30-11:30am

This camp is run by Rosemount High School Football Coaches and players on the RHS practice fields. This is a great camp for teaching fundamentals of the game and for introducing the various concepts of the game. We work hard to provide a nice balance of instruction, skill development, & opportunities to play in flag football & ultimate football games.

Skills to be taught:

Throwing, Receiving, Stance, Punting, Kicking, Carrying the ball, Pass Defending and much more!

Football Concepts to be taught:

Offensive & Defensive Terminology
Defensive Pass Coverage
Offensive Pass Patterns
Special Teams Strategies

Sample Daily Schedule

8:30-8:45 Stretching/Speed Lines
8:45-9:35 5-10 min stations- Learn position specific skills for offense, defense, & specialty areas.
9:35-9:45 Water
9:45-10:10 Ultimate Football Games!!
10:10-10:20 Leadership Lesson & Water
10:20-10:50 3-10 min stations for Individual Skill Development
10:50-11:00 Terminology Lessons
11:00-11:25 Football Games!! (Flag)
11:25-11:30 Prizes!!!

LAST YEAR THIS CAMP was FILLED before JUNE 1st – So Register EARLY

FLAG FOOTBALL League

Each day all registered boys & girls will be randomly placed on teams in the following grade groups (1&2), (3&4), (5&6), (7&8). Boys will play against Boys & Girls will play against Girls.

We will then play 2 flag football games of 25 minutes each! Kids work on coordination, throwing, catching, defending, and pass coverage skills while having all kinds of FUN!!! We are interested in providing a fun environment where all participants play equally and develop a passion for football!

Kids entering 1st & 2nd Grade will use a soft football for a safer situation and to allow the kids greater success. A RHS Irish Football Player serves as All-Time QB for each game to help with distributing the ball to all participants.

Grades 1-4 will play from 8:45am-9:45am
Grades 5-8 will play from 9:45am-10:45am

All Flag Games are at the RHS Practice Fields.

Dates for Flag :

Tuesdays/Thursdays

June 29, July 8, 13, 15, 20, 22, 27, 29, Aug 3, 5

All registrations collected by Athletechs. Go to

<https://www.athletechs.com/athletechs/home.seam> and create a username and password.