

Holmdel Football Association



Football Speed and Agility Mini Camp

When: Sunday evenings on May 20, June 3, June 10 and June 24 from 6-8pm

(Don't feel like you have to make them all!!)

Where: Holmdel High School Field

Who: Age 5 thru 8th grade (even if you don't sign up for Fall Football)

Cost: \$50 (includes camp T-shirt)

- No Football Experience Needed – Great chance to try football
- Come learn football movements and agilities in a NON CONTACT environment
- Coached by your own HFA staff with assistance from the Holmdel High School Varsity Football staff
- Have FUN, learn football and get a great workout too!

If you are interested in helping coach the clinic, please email Joe Hernando @ president.hfa@gmail.com

***If you did NOT participate in 2017 Fall Football a [Medical Clearance](#) form must be completed.**

(Medical Clearance form can be found on www.holmdelfootballassociation.com)

*This event is not a Holmdel BOE sponsored event