



CENTRAL BUCKS WEST



2019 ONE DAY CLINIC

Who:

Ages 7-14
(Entering Grades 1st – 8th)

When:

July 18th
3:30 PM – 8:00 PM

Where:

CB West High School
Brand New Turf Practice Fields

Staff:

CB West Coaching Staff
Current Players
Former Players

Details:

Get an inside look at what it is like to be a CB WEST Football Player. As a participant you will be invited to be on the field, in the huddles for our practice prior to the clinic session. Following the practice you can expect:

- ✓ Timed 40's, Pro Agility & L Drill
- ✓ Proper Blocking Techniques
- ✓ Proper Tackling Techniques
- ✓ Positional Drill Work
- ✓ Agility Drills
- ✓ Speed Work
- ✓ 1 on 1's
- ✓ Games

Equipment:

Athletic Apparel & Sneakers or Cleats

Cost:

\$45: Every participant will receive West gear.

Registration:

[Registration Link](#)

Waiver:

A waiver must be turned in at the start of camp for eligibility. Please be sure to disclose any medical needs your child may need.

Payment:

Payments can be made at [MyPaymentPlus](#). Any payment issues should be directed to Sue Heine, the Central Bucks Community School director sheine@cbsd.org

Contact Information:

Rob Rowan-Head Coach
Cbwfootball@cbsd.org