

Information 2023 FALCON

Cost:

**\$100 for the entire
week**

OR \$25 per day

**Make checks payable
to**

"Paul Whitaker"

What's Included?

**Skill development
training from WHHS
coaching staff and
varsity football**

players

Camp T-Shirt

**Lunch and snack will
be provided each day**

Fun & Fellowship!



FOOTBALL CAMP



When: June 19-22



8am-12pm

Where: Johnson Field, WHHS

Cost: \$100 (scholarships available)

Open to all rising 1st-8th graders

Please fill out the **Skills By Position** Camper Name:

information on this form and return this flyer with enclosed payment to West
Henderson High School

Checks Payable to Paul Whitaker

c/o WHHS Football

3600 Haywood Road

Hendersonville, NC 28791

Campers may register at the beginning of camp each day, but will not be guaranteed a
t-shirt without pre
registering.

Questions:

email Coach Tyler Arrowood (tbarrowood@hcpsnc.org) OR

Call WHHS @ (828) 891-6571

Note: Any camper that does not fill out a physical flyer will need to complete registration on their first



day of camp

_____ **Grade Level Next Year:**
_____ **School Currently Attending:**
_____ **T-Shirt Size: (Please Circle One)**

YS YM YL AS AM AL AXL

First Emergency Contact Name and Number:

Second Emergency Contact Name and Number:

List Any Known Allergies: _____

Offensive Linemen-basic

footwork, hand placement techniques, pulling and finishing blocks

Defensive Linemen-Stances & starts, hand utilization, proper tackling techniques

Running Backs-footwork, ball security, "seeing their holes"

Linebackers-reading keys on snapass coverages, blitz techniques, proper tackling

Receivers-route running, hand eye-coordination, blocking techniques

Defensive Backs- basic pass coverage drills, run fits, proper tackling techniques

Quarterbacks-taking snaps, footwork, recognizing coverages, proper release points