



# Palos Verdes High School Youth Summer Football Camp



July 26 - July 29

1:00 pm - 5:00 pm

Come learn and sharpen your football skills from the Palos Verdes High School Staff, led by Head Coach Guy Gardner. This non-contact camp is for all levels of players - beginners and experienced - with the emphasis on fundamentals, instruction and fun. Many of the drills are the same ones used by the Palos Verdes Sea Kings Varsity Football Team

**Ages:** 7 years old through 8th grade

**Where:** Palos Verdes high School Football Field (Turf)

**Wear:** Shorts, Shoes (tennis or cleats), t-shirt

**Bring:** Water, healthy snacks, sun screen

**Cost:** \$180.00 per camper

The Camp will feature the following:

- Offensive and Defensive Fundamentals
- Stretching, Speed and Agility Drills
- Position-Specific Instruction
- Group Instruction
- Live Scrimmages
- Some Football Film Study
- A Sea King Football T-Shirt for all participants

## Instructors

Guy Gardner - Head Coach, Palos Verdes High School

David Young - Defensive Coordinator, Palos Verdes High School

Duane Davis - Linebackers and Running Backs Coach, PVHS

Kevin Neal - Defensive Ends, Tight Ends, Assistant Offensive Coordinator, PVHS

Francesco Vaccaro - Defensive Line Coach, Palos Verdes High School