

# Information

**Cost:**

**\$100 for the entire week**

**OR \$25 per day**

**Make checks payable to**

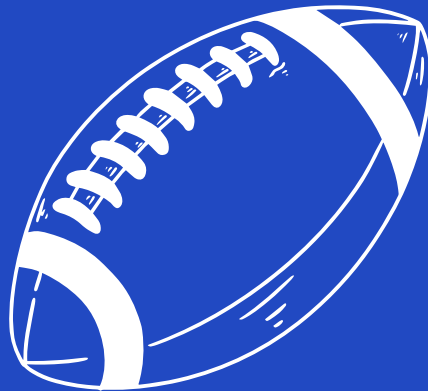
**"Paul Whitaker"**

**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!



**GO FALCONS!**



## **2023 FALCON 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 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**



**Camper Name:**

\_\_\_\_\_  
**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:**

\_\_\_\_\_

## **Skills By Position**

- 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 snap pass 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