



GRIDIRON 101 FOOTBALL CLINIC A FOOTBALL CLINIC FOR WOMEN



Saturday, July 31, 2010

Social on Friday, July 30, 2010

Come join the Valdosta State University 2007 National Championship Football program as they give women (age 18 and up) a chance to learn basic fundamentals of the game of football. The Valdosta State coaching staff will teach all positions, conduct drills and hold a scrimmage.

The clinic will be held Saturday, July 31, 2010. Registration and sign-in starts at 8:00 a.m. All pre-registered participants should arrive at the Athletic Fieldhouse at 605 W. Mary St no later than 8:45 am. The cost will be \$45 per participant, and will include an in-depth study of offense/defense/special teams, weight room demonstration, participation in drills and scrimmage, a facility tour, Blazer Goody Bag, lunch and a clinic T-shirt. Participants will also be invited to the VSU Football game when they host Arkansas-Monticello in October to participate in pre-game activities.

On Friday, July 30, 2010 @ 7:00 pm, please join us at the Hilton Garden Inn on Gornto Rd for a Cocktail Social and meet & greet with the Blazer Football staff and players.

Each participant must fill out this application form and Release and Waiver of Liability Medical History form on reverse side (also located at):

<http://www.vstateblazers.com>

What to Wear: Shorts, tee-shirt, socks, and tennis shoes

Daily Schedule

8:45 am	Report to Athletic Fieldhouse
9:00 am	Facility tour; Offense/Defense/Film Study; Weight Room demonstration; Test
11:30 am – 1:00	Lunch at Fieldhouse
1:00 pm	Bus to Stadium for Drills/Scrimmage
4:30 pm	Dismissal

Please fill out the information below (Application form) and on back (Release and Waiver of Liability Medical History form) both are required for registration:

Name: _____ Shirt Size (ladies cut): _____

Address: _____

Phone: _____ Email: _____

Make checks payable to VSU Foundation. Please send all forms and money to Valdosta State University Football, 1500 N Patterson St, Valdosta, GA 31698 or drop by our offices at 615 W Mary Street. For more information please contact Valdosta State Football at 229-333-5844 or Leigh Ann Hogan at 229-548-7566.