

PARKER HAWKS GIRLS FLAG FOOTBALL CAMP

**FREE FUNDAMENTAL FOOTBALL SKILLS DAY CAMP WITH
PIVOTAL SPORTS PERFORMANCE**



**OPEN FOR ALL REGISTERED FLAG ATHLETES AND
GIRLS INTERESTED IN FLAG FOOTBALL IN 1ST-8TH GRADE**



**FRIDAY, SEPT. 5TH
6-7:30P**

**BAYOU GULCH
BASEBALL FIELD**

**4815 FOX SPARROW RD,
PARKER, CO 80134**

REGISTER ONLINE



**PLEASE REGISTER ONLINE AT:
WWW.PIVOTALSPORTSPERFORMANCE.COM/HAWKS**

CAMP DETAILS:

IN PARTNERSHIP WITH PIVOTAL SPORTS PERFORMANCE

► SPEED WORK WITH PIVOTAL SPORTS PERFORMANCE (45 MIN)

- SPEED TECH WORK
- ACCELERATION TEST
- COD (CHANGE OF DIRECTION) TECH WORK
- COD TEST

► SKILLS AND DRILLS WITH PONDEROSA HIGH SCHOOL GIRLS TEAM (45 MIN)

- FOOT WORK
- CUTTING
- FLAG PULLING
- EVADING AND MORE

