



Patrick County High School

Football Camp with Antico Dalton and Pro Speed

(Antico's professional career includes 8 years between the New England Patriots, Minnesota Vikings and the Grey Cup Champion team the Edmonton Eskimos)

Featuring Professional and Collegiate Athletes

Program Includes:

Two day Football Camp

With pro football players and performance coaches

1on1 drills

7on7 scrimmages

Speed and agility training

Awards ceremony

Motivational speeches

Patrick County Students Only

Date: July 30 & 31, 2010

Time: Grades 7-12 - 9:00a.m.-12:30p.m.

Youth: Ages 8-12- 3:00p.m.-5:30p.m.

Cost: \$45.00

Deadline for Registration: June 26, 2010

Location: Patrick County High School

Contact: Antico Dalton 704-999-1148

Head Coach: Brad Dalton 276-694-7167 7137

Coordinator: Lavina Corns 276-957-5764

Improve your Football and Agility Skills with Pro Athletes and
Certified performance Coaches



2010 Patrick County Football Skills and Performance
Football Camp with
Antico Dalton and Pro Speed

Day 1

Introduction of staff camp goals and objectives

- (15 minutes) Active Dynamic Warm-up
- (30 minutes) Multi-Direction drills
- (30 minutes) Position Specific Instructions with position coaches
- (30 minutes) 7-on-7 scrimmages, 1-on-1 drills
- (15 minutes) Motivational Speeches by Performance coach

Day 2

Camp picture

- (15 minutes) Active Dynamic Warm-up
- (30 minutes) Acceleration, Max Velocity drills and exercises
- (30 minutes) Position Specific Instructions with position coaches
- (30 minutes) 7-on-7 scrimmages, 1-on-1 drills
- (15 minutes) Motivational Speech by Professional athletes
- (15 minutes) Awards ceremony Q&A

Benefits for Athletes Joining Our Camp

- Profit Sharing with School Football Program
- Training with professional and collegiate athletes
- Stressing the importance of academics and being a good citizen
- Instructional commentary from pro athletes, and certified performance coaches when performing exercises, during one-one drills and scrimmages.
- Match your skills in one on one drills with other athletes
- Improve multi-directional skills, speed, and agility through drills and exercises.
- Awards presentation
- Learn Injury prevention exercises applicable to football with the goal being to help the athlete remain healthy throughout their season.





Camp Registration
Patrick County
FOOTBALL CAMP

Patrick County High School

I/We, as parent(s) or Guardian(s) of _____, grant permission to the PATRICK COUNTY FOOTBALL CAMP its coaches, staff and athletic trainers to render first aid and medical treatment deemed reasonably necessary for the health and well being of the above named camp participant. I/We further authorize the coaches, staff and athletic trainers at the Patrick County FOOTBALL CAMP to seek immediate care and treatment at an accredited hospital in the event of an emergency. I/We further release the PATRICK COUNTY FOOTBALL CAMP, its coaches, staff, athletic trainers, counselors and employees from any liability for damages or claims to the above named participant and hereby accept full responsibility for all damages or claims from any injury or illness arising from participation in the PATRICK COUNTY FOOTBALL CAMP.

Name of Participant _____

Address _____

City/State _____ Zip _____

DOB _____ AGE _____

Football Position _____

T-Shirt Size _____

Home Phone _____ Cell Phone _____

School _____ Grade _____

Make Checks Payable to Pro Speed Sports and Mail to: Coach Brad Dalton
215 Cougar Lane
Stuart, Va. 24171

Any questions or fee problems, please call: Coach Brad Dalton- 276-694-7137