

# 2010 Mom's Football Clinic

Saturday, Aug. 7<sup>th</sup>

4:30pm – Registration (Wellness Center)

5:00pm – Clinic Begins

8:00pm – Social @ Honolua Tiki Bar

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**Who Should Attend?:** Any mom involved in Venice Vikings or Venice Football.

**Highlights of the Clinic:** Socialize on a summer evening with other football moms, preview and purchase **2010 Spirit Wear**, and **receive a 2010 Moms' Clinic t-shirt.**

## Clinic Program

- Football 101
- View Short Highlight Film
- Meet VHS Coaching Staff
- Discuss Film Break Down
- Discuss Scouting Reports
- Defense
  - Our Defense
  - Defensive Positions
- Film Study
  - Base Offense
  - Base Defense
- Offense
  - Our Style
  - Offensive Positions
- Go Over Modern Day Equipment
  - Equipment Care
- Tour Facilities
  - Film Room
  - Defensive Room
  - Coaches Offices
  - Training Room
  - Wellness Center
  - Equipment Room
- Stretch
- On Field Demonstration
  - Defensive Drills
  - Offensive Drills
- Stadium Entrance
- Q&A with Coaches

**Clinic Fee: \$30.00**—Fee includes Moms' Clinic t-shirt. Instruction from VHS Coaching staff.

**Registration:** Mail completed form along with check payable to VTC.

Please call Jessica Pluchino @ (941)223-8351 if you need any further information.

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Return Registration form to: VTC PO Box 997 Venice, Fl. 34285

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Adult Ladies cotton t-shirt: (circle) XS , S , M , L , XL (no exchanges)

Do you have any questions you would like addressed during the clinic?

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