

ROB KRAMER

"LET IT FLY"

FOOTBALL CAMPS

CAMP INFORMATION

Date: Monday, June 25th
Time: 5:30-8:00 p.m.
Location: New Hartford High School in Utica, N.Y.
Facility: Turf Stadium
Grades: 4-12
Cost: \$65 online (Walk-In \$80)
Includes Camp T-Shirt

Date: Thursday, July 12th
Time: 5:30-8:00 p.m.
Location: Stillwater High School in Albany, N.Y.
Facility: Turf Stadium
Grades: 4-12
Cost: \$65 online (Walk-In \$80)
Includes Camp T-Shirt

STAFF

Coach Rob Kramer – Offensive Coordinator/Quarterback Coach – St. John Fisher College
Plus Coaches from Brockport State, Castleton State, Morrisville State, Union, Utica and RPI.

Coaches will vary based on camp location.

CAMP FORMAT

"Let It Fly" Football Camps will be **non-contact** fundamental instructional camps. Each camp will be focused on the development of the individual positions through position based drills and techniques. Every camp will be a different area of focus, but dedicated to developing the individual position group of your choosing. These camps are for those interested in improving at the Offensive Positions of Quarterback, Wide Receiver, Tight End or Running Back.

DRILLS

- Coverage Identification
- Throwing and Catching Mechanics
- Route Progressions
- Technique Fundamentals
- Position Specific Drills
- Everyday Footwork Drills

WHAT TO BRING

- Sneakers/Turf Shoes and Athletic Clothing
- Quarterbacks need to provide their own football

REGISTRATION

To register, please click on the link below to create an account. Upon completion, you will be able to register for current and future camps.

[**CLICK HERE TO REGISTER**](#)

Camp Director | Rob Kramer | rkramer@sjfc.edu | (315) 256-1882