

Eastside Football Academy

Head Football Coach Jay Campos and his staff are holding their annual youth football camp at Sabino High School for campers' ages 7-15. This year's camp will run from **May 31 through June 9**. Camp includes the following non-contact athletic activities:

- Fundamental Football Drills specific to offensive and defensive position.
- Plyometric, strength, agility, and speed training
- 7 on 7 competitive passing tournaments

Campers will be provided with football shirts and shorts.

All athletes should provide the following:

- Athletic shoes
- Football cleats
- Sunscreen
- Water container (water will be provided)

Camp times are Tuesday-Friday Week 1, Monday-Thursday Week 2, 7:30 A.M. until 10:00 A.M.

Eastside Football Academy

Camp staff includes High School football coaches, former and current players who have been a part of one of the most explosive football programs in Arizona.

Football drills will be identical to those used by the successful high school football teams to develop proper fundamentals and technique.

Conor Johnson with Desert Speed School will be working with campers on developing speed, technique, and flexibility.

7 on 7 competitive passing tournaments designed to help young athletes learn the vertical passing game.

For further information call:
Jay Campos at 520-235-1657



Eastside Football Academy

Name _____

Birth Date ___/___/___

2016-17 Grade _____

Phone Number _____

Shirt Size _____ Youth or Adult

Short Size _____ Youth or Adult

Email Address:

Registration Fees

**\$125 for camp from May 31-
June 9**

Please make checks payable to
the *Eastside Football Academy*.

Mail checks and registration
forms to:

Jay Campos
7275 S. Camino Mirlo
Tucson, AZ 85747



2016
Jay Campos
Eastside Football
Academy
Ages 7-15



Camp Dates
May 31-June 9

Session Times
Tuesday-Friday Week 1
Monday-Thursday Week 2
7:30 a.m. until 10:00 a.m.

Camp location: Sabino High School