



JAY PREPCHUK
NANAIMO QUARTERBACK CAMP
SATURDAY, March 20, 2010
BARSBY SECONDARY SCHOOL
Camp Schedule

- 10:45 Registration **Bring your own cleats, football and lunch. T-shirt included.*
11:00 Introductions
11:15 Instruction Tape
12:00 Warm up. Drills
1:15 Lunch (Bring your own lunch. We will be meeting while you eat)
Video analysis. Discussion on academics and Post Secondary requirements
- 2:00 Instruction tape
2:30 Warm up. Drills
4:15 Conclusion

Topics Covered:

Throwing Mechanics	Footwork
1,2,3 and 5 step Drops	Reading Defenses
Play Action Pass	Running the Option
Throwing on the Run	Hot Passing game
Ball Handling / Faking	

-----Detach this portion-----

To Register for the NANAIMO camp:

Complete the following registration form and mail with **\$100.00** registration fee to:

Power2Perform Ltd. 1060 Ruthina Ave. North Vancouver, B.C V7R 2E6

Please make cheque payable to: **Power2Perform Ltd.**

Athlete's Name: _____

School / Community Program _____ Coach _____

Address: _____

City: _____ Postal Code: _____

****E-mail:** _____

Daytime telephone: _____ Entering Grade (Sept /10) _____

T-Shirt size: Med _____ Large _____ X-Large _____ XX-Large _____

My son / daughter has permission to attend the **Jay Prepchuk Quarterback Camp**. I will be responsible for any medical or other charges in connection with his / her attendance at this camp.

Parent's Signature: _____

PLEASE E-MAIL / PHONE IF YOU ARE ATTENDING power2perform@telus.net or 604-980-5653