

## JUNIOR EAGLES STRENGTH, SPEED, & FUNCTIONAL MOVEMENT TRAINING

WHEN: MONDAY-THURSDAY JUNE 9TH-JULY 24TH (EXCLUDING 4TH OF JULY WEEK)

COST: \$150 WHO: 4TH-8TH GRADERS FOR 2025-2026 WHERE: HERITAGE HS WHEN 9:15-10:30 AM

THIS IS A SUMMER TRAINING PROGRAM THAT WILL HELP THE ATHLETE TO DEVELOP PHYSICALLY AND MENTALLY THROUGH PHYSICAL TRAINING IN A FUN ENVIRONMENT. WORKOUTS WILL BE AGE AND SKILL APPROPRIATE AND WILL FOCUS ON TECHNIQUE AS WELL AS ATHLETIC FUNDAMENTALS SUCH AS AGILITY AND CORE STRENGTH. QR CODE SIGN UP ON INSIDE OF FLYER.

## EAGLE YOUTH FOOTBALL CAMP

WHEN: JULY 14-16 5:30-7:30 PM

COST: \$100 WHO: 3RD-8TH GRADERS FOR 2025-2026 WHERE: HERITAGE HS

## FULL PAD YOUTH FOOTBALL CAMP

THIS IS A FULL-PADDED CAMP AND IS DESIGNED TO INTRODUCE AND DEVELOP THE PROPER FUNDAMENTALS OF FOOTBALL. THIS CAMP IS A FUNDAMENTAL CAMP AND WILL COVER ALL POSITIONS ON OFFENSE, DEFENSE, AND SPECIAL TEAMS. WE ENCOURAGE ANYONE WHO WANTS TO HAVE FUN AND LEARN ABOUT EAGLE FOOTBALL TO ATTEND!! EACH PARTICIPANT WILL RECEIVE A CAMP T-SHIRT. QR CODE SIGN UP ON INSIDE OF FLYER.



## 2ND ANNUAL TERRANCE FERGUSON YOUTH FOOTBALL CAMP

COST: FREE WHO: 3RD-8TH GRADERS FOR 2025-2026 WHERE: HERITAGE HS

DATE/TIME: TBD BASED ON WHERE TERRANCE GETS DRAFTED AND WHAT HIS SCHEDULE LOOKS LIKE.

OREGON DUCK AND NOW NFL TIGHT END TERRANCE FERGUSON PLANS TO HOST A ONE-DAY NON-PADDED YOUTH FOOTBALL FUNDAMENTALS CAMP FOR KIDS IN THE COMMUNITY WHERE HE GREW UP. SIGN UP TO BE THE FIRST TO RECEIVE INFORMATION ON THIS CAMP.

QR CODE SIGN UP ON INSIDE OF FLYER.



- SOLID FOUNDATION FOR FOOTBALL FUNDAMENTALS
- LEARN TO BE THE BEST AT YOUR POSITION
- RECEIVE HANDS-ON INSTRUCTION FROM EAGLE FOOTBALL STAFF
- DRILLS THAT SIMULATE THOSE OF THE EAGLE FOOTBALL TEAM
- "SUCCESS IN THE FALL, COMES AFTER TRAINING IN THE SUMMER!"

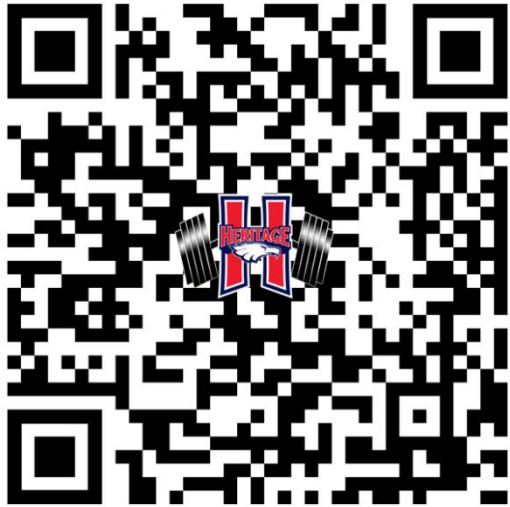
FOR MORE INFORMATION,  
CONTACT COACH KNOBLOCK  
coachtylerk@gmail.com

# THE FOOTBALLERS



# 2025 SUMMER FOOTBALL CAMPS

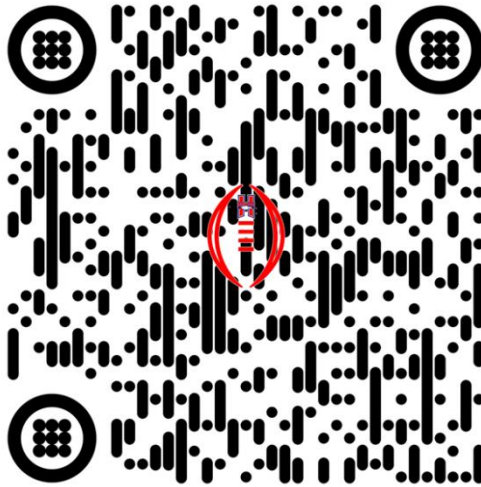
## STRENGTH AND SPEED



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## YOUTH PADDED CAMP



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## TERRANCE FERGUSON CAMP



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