



# FOOTBALL Summer Sports Clinics

## 2018 Youth Football Clinics (Ages 6 and up)

### Highlights:



The program teaches the fundamentals of football and running mechanics that are necessary for success in youth football (catching, passing, strategies, and defense). These clinics will emphasize skill development, teamwork, communication, and self-confidence while developing football knowledge, overall strength, and coordination which makes the program safe for boys and girls of all sizes and abilities.



**When:** June 2018 Clinic  
**Dates:** Mondays and Thursdays  
**Ages:** 6 - 14 (Boys and Girls)  
**Fees:** \$100 *Fees cover both clinics registration and t-shirt*  
**Practice Location:** Plainfield South High School

**Sign-ups: Deadline June 6<sup>th</sup>! Register online at [www.rushathletics.org](http://www.rushathletics.org)**

### Clinic - "Back to Football Basics"

Thursdays, June 7th: 6:30 P.M. – 8:30 P.M.  
Thursday, June 14th: 6:30 P.M. – 8:30 P.M.  
Thursday, June 21st: 6:30 P.M. – 8:30 P.M.  
Thursday, June 28th: 6:30 P.M. – 8:30 P.M.  
*(Cleats are required!)*

### Clinics - "Need for Speed" - Speed Clinic

Monday, June 11th: 5:00 P.M – 6:00 P.M.  
Monday, June 18th: 5:00 P.M – 6:00 P.M.  
Monday, June 25th: 5:00 P.M – 6:00 P.M.  
*(Gym Shoes are required!)*

**When:** July 2018 Clinic  
**Dates:** Mondays and Thursdays  
**Ages:** 6 - 14 (Boys and Girls)  
**Fees (new):** \$100 *Fees cover both clinics registration and t-shirt*  
**Fees (returning):** \$60 *Fees cover both clinics registration*  
**Practice Location:** Plainfield South High School



**Sign-ups: Deadline June 6<sup>th</sup>! Register online at [www.rushathletics.org](http://www.rushathletics.org)**

### Clinic Dates - "Back to Football Basics"

Thursday, July 5th: 6:30 P.M – 8:30 P.M.  
Thursday, July 12th: 6:30 P.M – 8:30 P.M.  
Thursday, July 19th: 6:30 P.M – 8:30 P.M.  
Thursday, July 26th: 6:30 P.M – 8:30 P.M.  
*(Cleats are required!)*

### Speed Clinic Dates- "Need for Speed"

Monday, July 2nd: 5:00 P.M – 6:00 P.M.  
Monday, July 10th: 5:00 P.M – 6:00 P.M.  
Monday, July 17th: No Training  
Monday, July 24th: 5:00 P.M – 6:00 P.M.  
*(Gym Shoes are required!)*

For more information, contact Rush Athletics USA  
at 815-556-9650 or [illinoisrush@gmail.com](mailto:illinoisrush@gmail.com)

*These camps and clinics are not sponsored by nor affiliated with PSD202.*