



# 16th Annual Lakes Area Football Camp



**Ages 7-14**  
**July 31 – Aug. 1**  
**8:30 A.M. - 2:30 P.M.**  
**Hickory Glen Park**

*Learn the right way while having fun. The instruction will include coaches from Walled Lake Northern, Walled Lake Central, Walled Lake Western and West Bloomfield, as well as other certified coaches. This is a non-contact training camp. It is suggested that players bring cleats, gym shoes and regular gym clothes. All lunches and drinks will be provided. Camp shirts will be given to each participant. Achievement awards for each age group.*

*Intensive camp for 12-14 yr. olds only, starting on July 30 also available for those interested in taking their game to the next level. Call Coach Pete Lesner for more info on this exciting & unique opportunity.*

### Saturday, July 31

8:30-9:00 Registration  
 9:00-9:20 Stretching  
 9:20-9:45 Conditioning & Agility  
 9:50-11:20 Defensive  
     Group work:  
     Linemen  
     Defensive Backs  
     Ends  
 11:20-12:00 Lunch  
 12:00-12:20 Guest speaker  
 12:25-2:15 Defensive  
     Group work:  
     Linebackers  
     Punters/Sprints  
 2:15-2:30 Pictures and Awards

### Sunday, Aug. 1

8:30-9:00 Shirt handout  
 9:00-9:20 Stretching  
 9:20-9:45 Conditioning & Agility  
 9:50-11:20 Offensive  
     Group work:  
     Linemen  
     Receivers  
     Quarterbacks  
 11:20-12:00 Lunch  
 12:00-12:20 Guest speaker  
 12:25-2:15 Offensive  
     Group work:  
     Running backs  
     Centers/Kickers  
 2:15-2:30 Pictures and Awards

**COST: \$90**  
**CONTACT: Pete Lesner: 752-5853**  
*for info/registration*  
**LOCATION: HAWKS FIELD**  
*Located in the HICKORY GLEN PARK on Glengary Rd., east of Benstein and West of South Commerce Rd.*

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**SIGN UP TODAY - CAMP FILLS UP EVERY YEAR**  
 Send checks to: Larry Erpelding 2075 Twilight Hill Walled Lake, MI 48390  
**Make checks payable to: L.A. Hawks Football**

**NAME** \_\_\_\_\_ **AGE** \_\_\_\_\_ **PHONE ( )** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **City** \_\_\_\_\_ **Zip** \_\_\_\_\_

**WEIGHT** \_\_\_\_\_ **SHIRT SIZE: S M L XL**

I WILL NOT HOLD RESPONSIBLE LA HAWKS FOOTBALL, THE CAMP, ANY OF ITS COACHES, HELPERS, STAFF, OR PARTICIPANTS FOR ANY ACCIDENTS, INJURIES, OR UNFORESEEN AILMENTS THAT COULD POSSIBLY HAPPEN TO THE PERSON(S) FOR WHOM I AM SIGNING.

**SIGNATURE OF PARENT/GUARDIAN** \_\_\_\_\_ **DATE** \_\_\_\_\_