

## CAMP PRICES

A one day camp will be held for **\$65**

A two day camp will be held for **\$120**

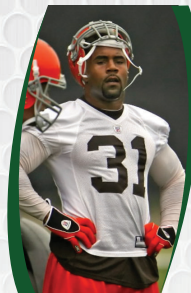
We will be providing season tickets to all home games, short, shirt, and backpack for each camp attendee valued at \$35.99 for the set.



## COACH DILLARD BIO

Coach Dillard is recognized by coaches and athletes on all levels as the world's leading Football Camp Director. Coach Dillard is an authority on developing and mentoring youth league, high school, college and professional athletes throughout their amateur and professional playing careers.

Notable alumni include Jamal Lewis, Calvin Johnson, Sean Jones, Keyaron Fox, Adam "Pac Man" Jones, Ahmad Carroll, and numerous others.



Coach Dillard's has been recognized by the Atlanta Journal Constitution, Casa Magazine Santa Barbara, California, Gwinnett Life



Magazine, Prep Star Magazine, FCA Share the Victory Magazine, Birmingham News, NFLPA, FOX 5 Sports- Retired Sports Director, Bill Hartman.

Coach Dillard was mentored by several legendary and Hall Fame Coaches. Notable coaches that have mentor Coach Dillard are FSU, Bobby Bowden, NFL Great Jimmy Johnson, FSU & UGA Mark Richt and SJU Dr. Fitz Hill.

Coach Dillard has over 100 football alumni that have received college football scholarships and over 20 players whom have enter the NFL AND CFL.

# GWINNETT JETS

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## Gwinnett Jets

## YOUTH FOOTBALL CAMP



[www.gwinnettjets.com](http://www.gwinnettjets.com)



## Introduction

The Gwinnett Jets invite your child to attend our youth football camp. Through our one day and two day camps your child will be taught all of the requirements of their position(s) and will leave both mentally and physically challenged.

Our coaches are dedicated professionals who have first hand collegiate and or professional experience in football. Not only do they have a strong football background but they are encouragers, teachers and mentors. Our camp will supply the knowledge your child needs to be able to improve their game; in addition we also show your child how to maximize their current football skills. We believe that every child, after attending our camp will return home with a brand new outlook on the game of football.

We can improve their skills, we will improve their Game.

## Why Gwinnett Jets Youth Football Camp?



We Are The 2009 SFL-AFC Champions



We Teach Fundamentals



We Only Use Professional Coaches



Our Head Coach Coached  
20 NFL Players



We Do This For A Living



We Are A Professional Team



The Value Is Higher Than The Cost  
(i.e. \$65.00 one day and 120 for two day)

## Camp Breakdown

### 8am-4pm

- Registration, Check in and Review Schedule
- How to Stretch & Warm Up Effectively
- County Fair/Agility Drills
- Offensive fundamentals
- Introduction of skill work on fields
- Group breakdown with coaches

### Quarterback Activities

1. stance 2. cadence 3. throwing mechanics 4. footwork drills

### Running Back Activities

1. stance/start 2. blocking 3. ball exchange/ball drills 4. footwork

### Wide receivers/tight end activities

1. stance/start 2. catching fundamentals  
3. Footwork techniques 4. release techniques

### Offensive Lineman

1. stance 2. footwork 3. pass/run blocking

### Defensive Lineman

1. stance 2. rush techniques 3. tackling 4. def. assignments

### Defensive Backs

1. stance 2. tackling fundamentals  
3. coverage techniques 4. man/zone coverage

### Linebackers

1. stance 2. coverage fundamentals  
3. tackling fundamentals 4. man/zone coverage
- 7-on-7 passing drills
  - End of session
  - Guest speaker



[www.gwinnettjets.com](http://www.gwinnettjets.com)