



☛ Try tackle football to learn the fundamentals and sportsmanship. Our activities begin the week of August 25.

### TACKLE FOOTBALL

This tackle football program will teach fundamentals and sportsmanship. The main emphasis is on sportsmanship and equal participation with winning being secondary. Participants will be divided by weight (lightweight and heavyweight) and placed on teams within a practice area. Players will not be limited to positions based on weight restrictions. Physicals are highly recommended before competing in this program. Youth Football and the Fort Collins Soccer Club's fall season coincide; youngsters may not participate in both sports.

Practices are held two to three times per week with most games being played on Saturday mornings. Practice attendance is mandatory; players must attend practices to receive equal playing time in games.

**NOTE:** Registration deadline is August 15; equipment handout begins the week of August 18. Participants must purchase a mouthpiece; all other equipment is furnished.

Begins week of 8/25, \$89, Registration deadline 8/15 (or when teams fill, whichever comes first)

Listed below each area are the parks that will become the specific practice locations. **North and south of Drake Road and east and west of College Avenue define the practice areas.** If there are not enough players in a specific weight division, they may be moved to another practice area.

#### I. Grade 4 (2008-2009)

PRACTICE AREA	ACTIVITY #
Southwest	66314-01
Northwest	66314-02
Southeast	66314-03
Northeast	66314-04
Ault	66314-05

#### II. Grade 5 (2008-2009)

PRACTICE AREA	ACTIVITY #
Southwest	66315-01
Northwest	66315-02
Southeast	66315-03
Northeast	66315-04
Ault	66315-05

#### III. Grade 6 (2008-2009)

PRACTICE AREA	ACTIVITY #
Southwest	66316-01
Northwest	66316-02
Southeast	66316-03
Northeast	66316-04
Ault	66316-05

### SKYHAWKS SPORTS CAMPS

These camps work on the fundamentals of sports, providing skills to play sports with ability and enjoyment. (See next page for schedule.)



#### I. Baseball **NEW**

Skyhawks baseball teaches the skills required for success in youth baseball. Older players will use hard bats and balls. Skyhawks staff has found that for our younger players, the use of safety bats and balls helps strengthen the spirit and pace of the game while maintaining safety. Participants will receive a baseball, T-shirt and merit award.

#### II. Basketball

Players will refine their passing, shooting, and dribbling skills and then put their newly acquired basketball skills to the test at an end-of-the-week game situation. Participants will receive a basketball, T-shirt and merit award.

#### III. Cheerleading

Cheerleading offers a week of cheers, chants and fun games! Participants will be taught proper motion and jumping techniques for all aspects of cheering. The week will end with a Friday performance for the parents. Participants will receive pom poms, T-shirt and merit award.

#### IV. Flag Football

Participating in the Skyhawks football program is a great way to introduce young athletes to this popular sport rich in tradition. Players learn catching, passing and blocking as well as the rules of the game and the strategies of offense and defense. Participants will receive a football, T-shirt and merit award.

#### V. Golf (Beginning) **NEW**

Skyhawks golf builds the confidence of new players while teaching proper technique and etiquette. Skyhawks staff utilizes the SNAG (Starting New At Golf) coaching system and equipment (clubs and balls) to maintain safety and encourage beginning golfers.

#### VI. Lacrosse

Athletes will enjoy an exciting week of skill-building activities designed to improve their stick handling, cradling, passing, shooting, and defensive skills. All lacrosse programs are gender specific, non-contact and skill-based. Participants may bring their own equipment (protective gloves, elbow pads, mouthpiece, helmet with full mask, lacrosse stick) or they can rent it from Skyhawks for an additional fee. Participants will receive a T-shirt and merit award.

#### VII. Mini Hawks

Young athletes will learn skills in basketball, baseball and soccer through unique Skyhawks games. The coaching staff is trained to meet the special needs of young children as they take their first steps into athletics. Participants will receive a mini basketball, T-shirt and merit award.

#### VIII. Soccer **NEW**

Skyhawks soccer teaches young athletes the fundamental skills of soccer through fun games and exercises. Participants test their new expertise in skills and strategy through interactive group activities and scrimmages. Participants will receive a soccer ball, T-shirt and merit award.

#### IX. Volleyball

Skyhawks volleyball focuses on serving, hitting, spiking and setting using fun games and activities to engage the enthusiasm of the novice or experienced player. Participants will receive a volleyball, T-shirt and merit award.