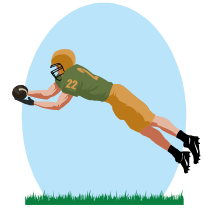




INTEGRATED SPORTS TRAINING

NFL Experience - Flag Football



www.Integratedsportstraining.com

Welcome to the Westport Parks and Recreation and the **Integrated Sports Training NFL Experience – Flag Football** program. I.S.T. Pro Staff leads the way as we offer this up and coming popular, non-contact program for football. The program will cover all aspects of football training skills and will incorporate general speed and agility training as well as sport and position specific drills and skills development. In addition to skills training, each camp day will include instructional flag football games. Each Friday will be *Super Bowl Friday* where players will compete in fun and exciting football skills competitions like punting and passing along with a week ending game.

General Program Information

The NFL Experience – Flag Football Camp is available to boys and girls, grades 1 - 7. This comprehensive program challenges campers to improve their speed and agility as well as position specific drills and skills. IST offers a professional staff with an 8:1 ratio of campers to staff. There are several different weeks of camp to accommodate your needs:

Dates:	Time:	Grades:	Location:	Code:
• June 24 – 28	9 a.m. – 12 p.m.	1-7	PJ Romano Field	FF11
• *July 1 – 5 (no camp July 4)	9 a.m. – 12 p.m.	1-7	PJ Romano Field	FF21
• July 8 – 12	9 a.m. – 12 p.m.	1-7	PJ Romano Field	FF31
• July 15 – 19	9 a.m. – 12 p.m.	1-7	PJ Romano Field	FF41
• July 22 – 26	9 a.m. – 12 p.m.	1-7	PJ Romano Field	FF51
• July 29 – Aug. 2	9 a.m. – 12 p.m.	1-7	PJ Romano Field	FF61
• Aug. 5 – 9	9 a.m. – 12 p.m.	1-7	PJ Romano Field	FF71

Rain Days

This program is an outdoor program and does not have any indoor facilities. Any day the fields might be unplayable due to rain, it is up to you to call the cancellation line at the Parks and Recreation Office, **(203)341-5074** to find out if camp is still on. There are no make-ups or refunds due to inclement weather.

Equipment

Attire for the camp should be shorts or sweatpants, T-shirt or sweatshirt and sneakers and socks. Cleats are recommended instead of sneakers but are optional and not mandatory. **A cooler packed with a snacks and drinks is also recommended.**

Drop Off and Pick Up

Please make sure you drop off and pick up your child at **PJ Romano Field at Saugatuck School**. Staff will be available at 8:45 a.m. to receive the children. The program begins promptly at 9 a.m. If you drop your child off after 9 a.m., you must walk them to the fields and find a coach to leave them with. Pick up is at 12 p.m. Please park your car and walk to the field to pick up your child. Late pick-ups will not be tolerated and could result in your child be suspended from the program.

What to Bring to Camp

- Snacks and plenty of drinks
- Sunscreen to protect the participant from the sun.
- Cleats if you have them

General Rules

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are grounds for immediate dismissal from the program with no refund.
- At the end of each day, please be sure to pick up all personal belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child before they attend camp.