



Pro Power Foundation Presents 3rd Annual Pro Power Football Camp June 21-25th at Northwood High School Silver Spring, MD.

Pro Power Football Camp Highlights: Daily Practice (W/water breaks every 15min. or as necessary)

Offensive/Defensive Skill Work

7 on 7 Drills

Scrimmages/Competitive Team Drills each day

Games/All-Star game Last Day of Camp

Testing @Camp

Timed 40yd. Sprint (speed) 20 yd. Shuttle (quickness)

300yd. Shuttle (muscle-endurance)

Vertical Jump (power)

Bench Press (upper body strength)

Other Highlights of Pro Power Football Camp

Pro Power Foundation and Northwood High School Football will team up for the third annual Pro Power Football Camp. Elite Athlete Training will administer combine testing along with speed, agility, and conditioning for the week. An experienced coaching staff will be joined by current and former NFL players.

Registration Fee: Early Registration September 1 Through April 30: \$235 Late Registration \$260

Name of Camper:

Parent Name:

Age:

Offensive Position:

Def Pos:

Sp. Teams Pos:

Address:

City/State/Zip Code.

Contact Numbers: (H) (C) Email

Make Checks Payable: Pro Power Foundation/ Attn: Mark Smith P.O. Box 1031 Olney, MD 20830

Please Direct Questions to: Mark@propowerfoundation.org, www.propowerfoundation.org