

## Typical Camp Day

9:00 am	Dynamic Warm up
9:15 am	Speed and Agility Stations
9:45 am	Offensive fundamentals
10:30 am	Water break
10:45 am	Installation
11:30 am	Group Competition
12:00 pm	Lunch break
12:45 pm	Video Demon
1:30 pm	Dynamic Warm Up
1:45 pm	Defensive Fundamentals
2:30 pm	7 v 7
3:00 pm	End of day

Tuesday Pro combine testing  
Wednesday Punt Pass & Kick  
Thursday/Friday Tournament

## Features

All positions taught  
Individual and Team Competitions  
Camp T- Shirt  
Youth all season football

## Additional Training

Speed and agility training as well as strength & conditioning exercises. The Livingston Football camp is geared primarily toward motivating the young athlete. It's directors and coaches are dedicated to the teaching and coaching of football techniques and fundamentals as they pertain to the game today. This will be done through drills, teaching stations, lectures, and simulated passing games.

## Register On-Line

<http://www.jrlancers.org/home.php?layout=770216>

Click on Summer Camp 2022

**Fall 2022 Tackle/Flag  
Summer Camp (6/27 to 7/1)**

**\*This Fall we will be offering a new First/Second Grade Flag Program. Participants will be wearing helmets and shoulder pads. The concept will still be to pull flags. No tackling will be permitted. This will be on the only flag program running in the Fall.**



**Each child registered will  
receive a  
Camp T-Shirt and a Water  
Bottle.**



## SKILLS COVERED

**WR/RB/DB/LB:** Skill players will practice technique in ball handling receiving skills and blocking fundamentals. Defensively, players will practice both man and zone coverage techniques.

**QB:** Quarterbacks will learn the skills of Leadership as well as fundamentals of playing QB. They will work with footwork, ball-handling and throwing mechanics.

**Lineman:** Lineman will practice the basics of line play including zone, man, and pass Blocking skills both offensively and defensively.

*All participants "will play every position!"*

## TUITION

The tuition for the 5 day camp is \$300. Registration must be received no later than June 27th along with this application. All registration done online.

Registration Information Contact  
James Matsakis  
Email : [coachmatsakis@livingston.org](mailto:coachmatsakis@livingston.org)



## Livingston Lancer Football Camp

### STAFF

#### Jim Matsakis

Livingston High School Head Football Coach

- **Gary Andrewshetko**
- Livingston High School Assistant Coach
- **Kevin Yaegar**
- Livingston High School Assistant Coach
- **Ben Leone**
- Livingston High School Assistant Coach
- **Billy Bock**
- Livingston High School Assistant Coach
- **Various High School Players**

### DATES

June 27th thru July 1

9:00 am to 3:00 pm

### LOCATION

Livingston High School  
Football Stadium

### CAMPERS

Athletes Entering Grades 1 - 8

### CAMP FEE

\$300 Per Individual Camper

Each player should wear T-shirt , shorts or sweats and football shoes. This is a **NON-TACKLE, NON-CONTACT CAMP** and thus football equipment is not required.