



## **RMF'S SPRING JUNIOR THUNDER FOOTBALL SCHOOL** **presented by GEAR UP with JON RYAN!**

Calling all ATHLETES that are currently in Grades 6, 7 & 8 and love the game of football. The RMF and Regina Thunder Football Club are partnering up to provide an opportunity for you to improve your skills and knowledge of the game with the support of Gear Up with Jon Ryan!

The RMF's SPRING JUNIOR THUNDER FOOTBALL SCHOOL will consist of six sessions that will take place at the Regina Thunder Clubhouse and adjacent football field. Players will have the opportunity to play one offensive and defensive position for three sessions each. The focus will be on enhancing basic positional football skills following Football Canada's Safe Contact principles as well as the player's knowledge of the 12-man game through off field film sessions and classroom work.

All sessions will be filmed and utilized to further teach / correct player's football knowledge and skill sets prior to each session inside the clubhouse. On field practice plans have been developed to create lots of competition in a fun setting while working towards a scrimmage during the third and sixth sessions. Players will receive coaching directly from the Thunder coaching staff and veteran players as well as an all-star group of RMF coaches from the PeeWee division...

The cost of the camp is \$150.00 and you can register by filling out the attached hard copy or [Click here to register online](#). You will receive a school jersey, six on and off field sessions as well as opportunities for bonus sessions (form tackling & blocking, specialist skills, information night on nutrition and visualizing, as well as a session on strength and conditioning).

The first session will be Wednesday, May 23<sup>rd</sup> from 5 to 8pm with all others taking place on the following Sundays until the end of June (May 27<sup>th</sup>, June 3<sup>rd</sup>, June 10<sup>th</sup>, June 17<sup>th</sup>, June 24<sup>th</sup>) from 5pm to 8pm at the Regina Thunder Clubhouse. Bonus sessions will be announced in the coming weeks and are not mandatory but everyone's always welcome...

You must pick one of the following positions groups...

- Offensive Line and Defensive Line (Max 36)
- Running Back and Linebacker (Max 24)
- Receiver and Defensive Back (Max 30)

And if you are interested in being a Quarterback, please check off that box as well and add a quick blurb under comments.

More information will be added to Regina Thunder's website – [www.reginathunder.ca](http://www.reginathunder.ca) as we make announcements about committed RMF coaches, surprise celebrity guest coaches as well as bonus sessions and information...

Any further questions email [juniorthundercamp@gmail.com](mailto:juniorthundercamp@gmail.com) or [rmf@reginaminorfootball.ca](mailto:rmf@reginaminorfootball.ca)