

“Go For The Goal”

Football Camp

SESSION ONE- Offensive Line- GRADES 7 to 12

SESSION TWO-QB/WR Skills Camp- GRADES 1 to 9

Location- Bishop Sullivan High School

June 17 to June 19, 2011

Cost per Session- \$110-

Conducted by Rick Novak

Current Offensive Coordinator- Bishop Sullivan Catholic High School

-Former Head Football Coach-The Catholic University of America, Washington DC

-Former Assistant Football Coach- Dematha Catholic Coach, Hyattsville MD

-Former Offensive Coordinator- US Naval Academy Sprint Football, Annapolis MD

Camp designed to teach:

Session 1: State of the Art Offensive Line Technique for Aspiring/Current High School Offensive Linemen- Non contact- Friday June 17- 9am to 12 pm or 1pm to 4pm(this time is based on student availability due to school commitment), Saturday June 18- 9am to 12pm Sunday, June 19-2pm to 4PM- Cost- \$110 - Bring cleats, sneakers, water/hydration supplement, snack during breaks, shorts, t-shirt

Session 2: QB and WR Technique- Entering Grades 1 to 9- Organized Carolina league football games- Learn QB passing and WR play taught like the pros- Non contact- Friday June 17, 5pm to 7-7:30PM, Saturday June 18- 5pm to 7-7:30pm, Sunday 5pm to 7pm- Cost- \$110- Bring cleats, sneakers, water/ hydration supplement, snack during breaks, shorts, T-shirt, football

Location: Grass Field behind Main Football Field

Bishop Sullivan Catholic High School, 4552 Princess Anne Road, Virginia Beach, VA 23462

