



LYNBROOK HIGH SCHOOL VARSITY FOOTBALL CLINIC

Train with the Lynbrook High School Football Players and Coaching Staff
work on skills and have some fun!

WHO: Ages 5-12

DATE: Saturday May 31, 2025

LOCATION: Marion Street Football Field

TIME: 9 AM - 12 PM

COST: \$35 for all registered Lynbrook Titans Football Players, \$40 for all other registrants

PAYMENT TO

VENMO: LBKgridiron

ZELLE: lynbrookgridiron@gmail.com

T- SHIRT INCLUDED IF PRE-REGISTERED!!
PLEASE BRING WATER BOTTLE
WEAR SNEAKERS, SHORTS AND SUNSCREEN

PLEASE REGISTER ONLINE AT

<https://forms.gle/CZgwcYLwz7QY5Dch6>

SCHEDULE of EVENTS:

9:00 AM: CHECK-IN (Picnic Tables at Marion- collect your t-shirts)

9:30 AM: FULL GROUP STRETCH

9:50 AM: AGILITY STATIONS

10:10 AM: WATER BREAK

10:15 AM: OFFENSIVE POSITION DRILLS

10:35 AM: WATER BREAK

10:40 AM: DEFENSIVE POSITION DRILLS

11:00 AM: SKILLS COMPETITION

11:30 AM: CLOSING REMARKS

11:45 AM: HOT DOGS AND WATERS FOR ALL THE FUTURE OWLS IN OUR CLINIC