



***** FREE *****

FOOTBALL AND CHEER CLINIC

STRENGTH, CONDITIONING, SKILLS & DRILLS

June 11 - July 11, 2019 Tues & Thurs 6:00 pm - 7:30 pm

VCS Sports Complex 1117 Davis St. Vacaville, CA

Join us for a **FREE, no contact clinic** to prepare for the upcoming **football and cheer** season! Clinic will focus on building speed, agility, strength, hand-eye coordination and overall cardiovascular endurance. Football participants will also learn fundamentals of throwing, running routes, catching and how to position themselves on defense, the universal aspects of any type of football! Open to all youth ages 5-14. You don't need to play for VCJF to participate in this FREE clinic! **Parent/Guardian need to sign up participants at first day of clinic.**

Interested in joining VCJF for Football or Cheer for the 2019 Season?

Cost for Football Players: \$275

Cost for Cheerleaders: \$800.

Cheer fee includes skirt, shell, pompoms, bow, shoes, briefs, camp shirts and shorts as well as competitions.

VCJF is open to Solano County Youth ages 5-14. Participants may not turn 15 during the regular season.

Participants may be enrolled in any Solano County School.

For more information or to download registration forms today, visit us at:

www.leaguelineup.com/vcjf .

Email us at vcjf@llmail.net and check us out on: www.facebook.com/VCJFFootball