



APPROPRIATE FOR ALL SKILL LEVELS

Speed & Skills Football Camp Training with former LSU/Pro athlete Eric Monroe. The camp will focus on the fundamentals of footwork, speed, agility, and coordination. Football drills and activities are designed to be age-appropriate:

- K to 3rd will be FUN and foundational – basic movement skills, balance, and confidence building
- 4th to 8th players will participate in more advanced drills – acceleration, change of direction, and footwork



T&C SPORTS PRESENTS

FOOTBALL SKILLS CAMP

SATURDAY, JULY 12TH

K-3RD GRADERS 9AM - 11AM
4-8TH GRADERS 9AM-12PM

AT T&C SPORTS FIELD 2
CAMP CHECKIN: 8:30-9AM



Eric Monroe is the founder of EMJ11 Footwork, a training program dedicated to developing elite footwork and agility in athletes of all ages. His experience with LSU Tigers Football team as part of the 2020 championship combined with his professional football career provides a unique perspective on training.

SIGN UP AT T&CSports.org
4TH-8TH GRADE \$70
K-3RD GRADE \$50