



## T&C Sports Youth Football Skills Camp

### Camp Details

- **Date & Time:** Saturday, August 9<sup>th</sup> 9:00 AM-12:00 PM
- **CAMP CHECKIN: 8:30-9:00 AM**
- **Location:** T&C Sports Complex **Field 2** (9100 Meadowheath Dr. Austin, TX 78729)

### Age Groups, Schedule & Fees

Age Group	Camp Time	Registration
<b>Who:</b> K-3 <sup>rd</sup> Graders	9:00AM-10:30 AM (1.5 hrs.)	\$45
<b>Who:</b> 4 <sup>th</sup> -8 <sup>th</sup> Graders	9:00 AM-12:00 PM (3 hrs.)	\$70

- Two age-based sessions to optimize skill-building and engagement.
- Appropriate for all skill levels—our coaches tailor each session.

### What Participants Will Experience

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

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

### Meet the Face Behind the Camp

**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 Football and their 2020 championship team combined with his professional career provides a unique perspective on football training.