



Clay-Chalkville Youth Football 2018

REGISTRATION INFORMATION

When Is It:

- May 1, 2018 through July 1, 2018
- No Late Registrations. (Special Circumstances, Such as New Move to Area, Will Be Evaluated on A Case by Case Basis) **NO PAYMENT PLANS**
- Fee: \$190, Includes Game Pants/Jersey/Helmet/Shoulder Pads. Helmets and Pads Must Be Returned at End of Season.

Who Can Play?

- Children Ages 5 through 12, Classifications Are:
 - Freshmen Ages 5/6
 - Sophomores Ages 7/8
 - Juniors Ages 9/10
 - Seniors Ages 11/12

Where Are Practices Held?

- Clay-Chalkville High School Stadium 6:00pm to 8:00pm. Coaches will provide day schedules for summer break and school season before practice starts.

When Does Practice Begin?

- Practice Will Begin July 16, 2018 (Shorts/Shells)
- Practice in Full Pads Begins August 1, 2018

Agility Camps will be held each Sunday (except July 1, 2018) from June 1, 2018 through July 31, 2018 for a separate fee. Camps are by led by Clay-Chalkville High School Athletic Trainer Michael Ryan. Contact Fred Flowers at 71815xbusy@gmail.com or text (205) 337-4379 and Jamie Underwood at jkudetailing@gmail.com or text (334) 355-3378 for more information.

Where Do We Sign Up?

- <http://www.clayalabama.org/sports-recreation/>

Be sure to check out Facebook "[City of Clay Youth Sports-Sanctioned](#)" page.



Clay-Chalkville Youth Football

Speed, Agility, and Athletic Development

What It Is:

- Speed and Agility Technique and Drills
- Flexibility and Stability Training
- Age Appropriate Functional Strength Training

Who: Rising 2nd - Rising 7th Grade Athletes

Where: Clay-Chalkville High School Stadium

When: Each Sunday in June + July (July 1st off) 4-5:15 pm.

Fee: \$60 (siblings \$30)

- Register by May 30, 2018. For eight (8) Weeks it's a great opportunity to develop and enhance skills at the cost of one combo meal per week. For a sibling, half of that.
- Cut and Paste or Follow this link to register <https://goo.gl/forms/tcgZ0Y7g3Ged1jD72>
- Please bring check (payable to Clay-Chalkville ABC) or cash on the first day of the program for payment.

Sessions are led by Clay-Chalkville's newest Athletic Trainer, Michael Ryan, ATC, CSCS. Coach Ryan has 25 years of Sports Medicine and coaching experience. He has trained over 500 hundred professional athletes, including NFL, NBA, MLB and, minor league baseball. From 2002-2006 he was one of two Head Strength Coaches for the PGA and Champions Tour. Coach Ryan was the Director of Sports Medicine for Champion Sports Medicine from 2007-2015. Since 2015, he has led the Youth Coaching Academy for ATI Physical Therapy and Andrews Sports Medicine. This program has educated over 2000 youth coaches regarding sports medicine, proper physical conditioning, and sport psychology.