

POSITION FUNDAMENTALS

Ultimate Football

Obstacle Course

NFL Combine Drills

Punt/Pass/Kick Competition

Offensive/Defensive Line Contest

Wide Receiver Contest

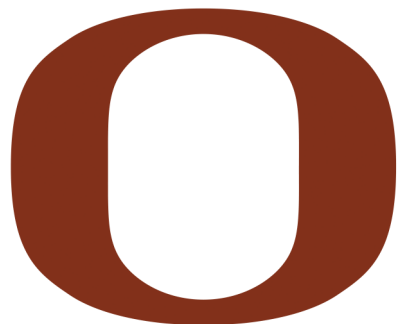
Form Running

Offensive /Defensive Video Sessions

Learning the X's & O's

Flexibility

Football Games



Please Contact:

Camp Director

Michael Means

Head Football Coach
Oxford Area High School
(443) 907-8969
mmeans1307@gmail.com
@CoachMeansOXFB

Camp Staff

Brian Wood

Defensive Coordinator
Oxford Area High School

George Hildebran

Defensive Line Coach
Oxford Area High School

Joe Pearson

Offensive Line/LB Coach
Oxford Area High School

Josh Belford

TE Coach
Oxford Area High School

Ryan Hubley

Wide Receiver Kutztown University
Second Team All State
2014
All Time Leading WR Oxford History!

Guest Speakers each day!
Award winning coaches and players

STING



Southern Chester County Youth Camp

2019 STING
Southern Chester County Youth
Football Camp

Oxford Football Stadium
301 S. Fifth Street, Oxford, PA 19363

June 17-20, 2019

Registration

Name: _____

Address: _____

City: _____ St: _____ Zip _____

Phone: _____

School District: _____

Age: _____ Grade: _____

What positions do you play? _____

Emergency Contacts:

Name: _____

Phone: _____

Name: _____

Phone: _____

Insurance

Form: _____

Policy# _____

MAIL TO: Coach Means

Oxford Area High School

705 Waterway Road

Oxford, PA 19363

Shirt Size (Circle One)

YS YM YL YXL AS AM AL AXL

2019 STING Southern Chester County

Football Camp

Early Registration: \$135 thru June 10th.

After June 1st: \$155

Family Rates: 2 players = \$215 Early

\$235 After

3 or more = \$305 Early

\$325 After

Make Checks Payable:

Oxford Football Boosters

Ages: 2nd through 8th grade

Must be at least 7 years old

Date: Monday, **June 17** through

Thursday, **June 20**.

Time: 10 A.M. – 3 P.M.

Each player should bring their own water bottle and towel. Water will be available to fill empty water bottles as the day progresses. An additional pair of practice clothes and slip on shoes should also be brought in a duffle bag that is clearly marked with the players name. No cleats are allowed in the school building. Each player must also bring their own lunch. Refrigerators will be available to keep the lunches cold.

Lunch will be provided on Thursday.

All Campers will meet and work with Oxford
Hornet Varsity Coaches:

Head Coach Mike Means

Brian Wood, George Hildebran, Josh Belford, Joe
Pearson

Various current and past Hornet players will be
there to assist each camper.

Camp Schedule

Campers should arrive between 9:45 – 10 A.M. at
the stadium behind Hopewell Elementary

10-10:10	Camp Meeting
10:10-10:25	Stretching/Form Running
10:30-11:00	Defensive Instruction #1
11-11:30	Competition
11:30-12	Defensive Instruction #2
12-12:30	Lunch
12:30-1:00	Guest Speaker
1:00-1:20	Stretching/Form Running
1:20-1:50	Offensive Instruction #1
1:50-2:10	Competition
2:10-2:30	Offensive Instruction #2
2:30-2:55	Games
2:55-3:00	Camp Meeting

Campers will be dismissed and should be picked up
at the Football Stadium. If, for any reason, you will
be late picking up your camper, please contact
Coach Means at (443) 907-8969.