

St. Xavier High School - Home of the 2005, 2007 & 2016 Ohio Division I State Champion Bombers – presents the

# 2018 Dads' Football 'Tailgate'

## Friday, July 27<sup>th</sup>, 2018



**5:00 p.m. - Registration & 'Tailgate' (On the Concourse of the Stadium)**

***Mini Camp will take place from 4:00 – 6:00 in the stadium. All are invited to attend and watch the 2018 Bomber's Football Team's last mini-camp practice.***

**7:00 p.m. - Clinic in the Reynold's Room (1558-1560)**

**All Football Dads (including 2022 Dads)  
are welcome & encouraged to attend!**

### **Clinic Program**

**Program Philosophy:** Coach Specht will discuss the **philosophy of the Bomber football program** and the **expectations of the players** from the daily rituals of the football team to the rules the players must follow and adhere to in and out of season. He will also go through an in depth look at the increased focus on safety including equipment fitting and the art of the tackle

**Wellness and Safety:** Athletic trainers, Mike Gordon and Ken Rushford, will discuss the methodologies and structure of the training room and the steps taken to ensure better care for our football players.

**Strength Training & Nutrition:** Strength & Conditioning Coach Terrell Williams will discuss the components of his strength programs and the expectations for every player. A brief **Q&A session concerning nutrition, weight gain and/or loss, and general overall conditioning** will be conducted.

**Q&A with Members of the St. Xavier Coaching Staff:** Members of the St. Xavier Football Coaching Staff will be on hand to discuss the program and answer any questions you may have.

**Clinic Fee:** The fee includes a 2018 Dads' Clinic t-shirt and instruction from the St. Xavier Football Coaching Staff. Pre-registered fee - \$40.00 each; walk-up registration fee - \$50.00. *This fee is non-refundable.*

**Registration:** Mail this completed registration form, along with check payable to St. Xavier High School, to Steve Specht, Head Football Coach, 600 W. North Bend Road, Cincinnati, OH 45224 *or* submit registration online at [stxsportscamps.com](http://stxsportscamps.com). **Credit card payment (MasterCard or Visa) can be accepted only with online registration.**

Name: \_\_\_\_\_

E-Mail: \_\_\_\_\_

T-shirt size (circle) S M L XL (A t-shirt will be special ordered for you, *no exchanges please.*)

Son's Name: \_\_\_\_\_

Graduation Year: 2022 2021 2020 2019 (circle)

Son's Name: \_\_\_\_\_

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