

POSITION FUNDAMENTALS

Ultimate Football

Obstacle Course

*NFL Combine Drills (40 yard dash,
pro agility)*

Punt/Pass/Kick Competition

Offensive/Defensive Line Contest

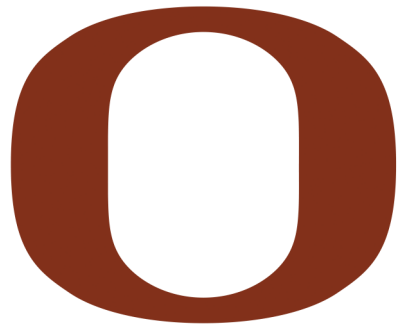
Key Lifts in the Weight Room

Form Running

Offensive /Defensive Video Sessions

Learning the X's & O's

Mobility



Please Contact:

Camp Director

Michael Means

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

Camp Staff

Joe Pearson

Defensive Coordinator
Oxford Area High School
Former Head Coach
Solanco High School

Josh Belford

Assistant Defensive Line/TE Coach
Former high school and college player

Oxford 2022 Varsity and JV Teams

Over 20 players will be at camp daily to
work with your son/daughter

Guest Speakers

We will have a number of current colle-
giate players as well as former Oxford
players there to work with all of the
kids!

STING



Southern Chester County Youth Camp

2022 STING Southern Chester County Youth Football Camp

Oxford Football Stadium
602 Garfield Street, Oxford, PA 19363

July 25-28 2022

Registration

Name: _____

Address: _____

City: _____ St: _____ Zip _____

Phone: _____

School District: _____

Age: _____ Grade next school year _____

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**

OR

Email all info to mmeans1307@gmail.com

**Payment can be made by check OR
venmo @oxfordfootball (include the
name of all players included in the pay-
ment!)**

Shirt Size (Circle One if registered before 6/30)

YS YM YL YXL AS AM AL AXL

2022 STING Southern Chester County

Football Camp

**Early Registration: Reduced registration fee
of \$145 thru June 30th AND a camp t-shirt!**

After June 30 \$165

Family Rates: 2 players = \$250 Early

\$300 After

3 or more = \$350 Early

\$400 After

Make Checks Payable:

Oxford Football Boosters

Ages: 2nd through 8th grade

Must be at least 7 years old

Date: Monday, **July 25** through

Thursday, **July 28**

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 bookbag 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 (pizzas).

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

Head Coach Mike Means

Joe Pearson, Josh Belford

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 instruction	Guest Speaker/Weight room
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.**