

## *Camp Staff*

**Coach John Kelley**, head football coach at Quince Orchard High School. Coach Kelley will be in his 7th year as head coach with Quince Orchard. Coach Kelley had previously been the defensive coordinator for the past 5 years at Quince Orchard. Coach Kelley spend 6 seasons as an assistant coach at the BCS,FCS and Division III level before coming to Quince Orchard.

**TJ Changuris**      **QOHS Offensive Coordinator**

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### **ONLINE REGISTRATION & PAYMENT**

[www.qofootball.com](http://www.qofootball.com)

Email:cougarflagfootballcamp@yahoo.com

Phone: 240-461-4614



**COUGAR FLAG FOOTBALL CAMP at QUINCE ORCHARD  
HIGH SCHOOL**

15800 Quince Orchard Road, Gaithersburg, MD 20878



**SESSION I**  
**SESSION II**  
**Camp Times**

**July 6<sup>th</sup>- July 10<sup>th</sup>**  
**July 13<sup>th</sup>-- July 17<sup>th</sup>**  
**M-Th. 9:00 am – 3:00 pm**  
**Friday 9:00 am – 12:30 pm**  
**For boys and girls ages 7-14**

## **Camp Overview**

- Emphasis placed on basic flag football skills needed for development of younger players
- Speed and Agility training incorporated throughout camp
- Non-contact
- Guest Speakers
- Video and chalkboard lessons to teach mental aspects of the game
- Experienced high school coaches serve as instructors.
- Daily competitions & awards
- Only full day flag football camp in upper Montgomery County
- All campers will receive a t-shirt and a certificate upon the completion of camp
- Discounted rates for siblings (see registration form)

## **Sample Daily Schedule**

- 9:00 - Opening
- 9:15 - Camp Warm Up
- 9:30 - Position Fundamentals
- 10:30 – Flag Football Games
- 11:30 - Lunch Break
- \*\*Pizza/Gatorade available
- 12:30 - Classroom/Video Lesson
- 1:00 - Speed Training
- 1:30- Flag Football Games
- 2:45- Guest Speaker / Daily Awards
- 3:00 - Campers dismissed

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*This activity is not sponsored by, associated with or endorsed by Montgomery County Public Schools or Montgomery County Government.*

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