



Sudbury Youth Football Invites YOU!

Skills Event: Saturday, June 11th from 12pm to 2pm
@ LSRHS STADIUM FIELD

If you are interested in FLAG or TACKLE football join SYFC for a day of fun drills and games as well as an opportunity to meet current LS Varsity football players.

EVENT SCHEDULE

11:45 - Player Check-In & Warm Up

12:15 - Skills Combine Challenge (Divided by Grade)

Activities include:

40-Yard Dash: <https://youtu.be/1jBc0B4MukE>

Pro Agility - 20-Yard Shuttle: https://youtu.be/1lk4_GjdrJw

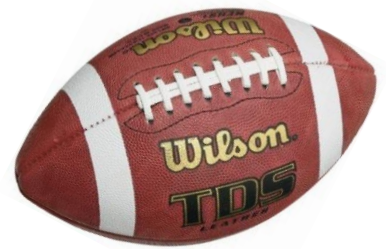
3-Cone Drill: <https://youtu.be/OmvERmXLlmU>

Standing Broad Jump: <https://youtu.be/OZ3s7ZZYBC4>

Passing Station

1:45 - Complimentary Drinks & Pizza

2:00 - Conclusion of Event



This FREE event is open to all Lincoln & Sudbury students entering grades 1-8 in the fall.

Please register for this FREE skills event at SudburyYouthFootballandCheer.com

*** Parents are welcome to stay and chat with coaches and board members ***