Fontana FO Football Clinic on May 21

Fontana, California, May 3, 2011 – The Mayor and City Council announce that the City of Fontana Sports Division is hosting a free non-contact football clinic for athletes ages 8-17. The FO Football Clinic takes place on Saturday, May 21 from 8 a.m. to 3 p.m. at the Ralph M. Lewis Sports Complex, 6198 Citrus Avenue.

The FO Football Clinic introduces athletes to the sport of football in an effort to gain interest prior to attending high school or college. Participants will learn positions on the field through basic instruction, fundamentals and techniques. Curriculum is based on a step-by-step progression format designed to keep the athlete involved and avoid down time.

Author and Coach Dennis Paulson, along with former pro players and several prep and college coaches will provide skill instruction stations in a high school and college format. Sessions include drills for offensive line, defensive line, kickers, punters, deep snappers, quarterbacks, receivers, running backs, linebackers and defensive backs.

Registration will be accepted on a first come basis from 8 a.m. to 9 a.m. the day of the event. A City of Fontana Minor Release Form signed by the parent is required to participate. To find out more, please call (909) 428-8864 or visit sports.fontana.org.

###