

## Youth Football Strength, Skills, & Conditioning Clinic

Wahconah Coach Gary Campbell, along with youth football coaches, will be running a football program to help players in grades 5-8 stay in shape and work on their skills!

Workouts will be Monday & Wednesdays 3:30-5:00pm at Nessacus

Program will run from Monday, September 21<sup>st</sup> to Wednesday, November 11<sup>th</sup>

Players should bring: cleats, gloves, masks, long sleeve t-shirt, & water bottle

*Sign up at the CRA \$25 plus an active CRA membership*

All participants will receive a Dalton Youth Football T-shirt



---

## High School 7 on 7 Football League

Coach Gary Campbell will be running a 7 on 7 football league for players in grades 9-12

Games will be Saturday mornings at Wahconah

Program will run from September 16<sup>th</sup> to November 14<sup>th</sup>

*Sign up at the CRA \$25 plus an active CRA membership*

Any questions please contact Coach Campbell



400 Main Street • Dalton, MA 01226 • 413-684-0260 • [daltoncra.org](http://daltoncra.org)

