



FUNDAMENTALS • TEAMWORK • COMMITMENT

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Success Through Understanding Fundamentals

Mark Watson and Chris Jones have produced some of the finest QB's to come out of high school in the country.

Norv Turner - Minnesota Vikings

Fundamentals

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2015 QB SCHOOL

Where: Oak Ridge High School, El Dorado Hills, CA

When: Friday, June 26, 8:30am-11:30am
Saturday, June 27, 8:30am-11:30am

Cost: \$149

The school will consist of two, three hour sessions and will include classroom and field instruction.

The school will be limited to 24 participants.

What Will Be Covered

Teamwork

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Play-Action Mechanics

- Throwing on the run
- Footwork
- Escape drills
- Throwing motion
- Pocket comfort
- Warm-up
- Deep ball
- Accuracy
- Leadership
- Conditioning
- Spot throwing
- Stance
- Touch throwing
- Decision making
- Coverages

Equipment needed: gym shorts, t-shirt, football cleats and tennis shoes. Bring your own football and report to the gym 15 minutes before each session begins.

Commitment

Fundamentals

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Chandler Clemons - A 2006 graduate of Oak Ridge High School and Sacramento Bee Player of the Year in 2004. Chandler led Oak Ridge to Section Championships in 2003 and 2004.

Shane Steichen - A 2003 graduate of Oak Ridge High School and Sacramento Bee Player of the Year. Scholarship to University of Nevada, Las Vegas. Led Oak Ridge to 2003 Section Championship.

Sean Steichen - A 2000 graduate of Oak Ridge High School and two time All Sierra Valley Conference. Scholarship to Boise State University. Career record of 24-1 as a varsity player including two Sierra Valley Conference Championships and one Division II Section Championship.

Jeff Gallagher - A 1998 graduate of Oak Ridge High School. Scholarship to Idaho State University. Played in Division II Section Championship game and on a Sierra Valley Conference Championship team.

Sam Clemons - A 1997 graduate of Oak Ridge High School and Sierra Valley Conference Offensive Player of the Year. Scholarship to University of California. Transferred to Eastern Illinois where he set several school and conference passing records.

Jon Deville - A 1993 graduate of Oak Ridge High School and Sierra Foothill League Offensive Player of the Year. Scholarship to University of Nebraska-Omaha. Later played at Menlo College where he set national passing records.

Teamwork

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Coaches Profiles

Mark Watson - Co-founder

- Currently Assistant football coach at Oak Ridge High School.
- Over 30 years of coaching experience. Coached for one year at University of Southern California and seven years at Long Beach State.
- Led Oak Ridge High School to an 89-28 record with three top ten rankings in California, including the 1998, 13-0 team, winners of the Section Championship.
- 1996 Sacramento Bee Coach of the Year.
- Guest speaker at coaches football clinics in San Francisco, Seattle, Long Beach and Reno.

Chris Jones - Co-founder

- Led Vista del Lago to the Sierra Valley Conference Championship in 2011, 2012 and to the Division III Section Championship game in 2012.
- Former Head Coach at Oak Ridge H.S. where he led the team to a 66-19 record and three CIF Section Championships.
- National Football Foundation and College Hall of Fame Distinguished Coach Award in 2004.
- Guest speaker at coaches football clinics in San Francisco, Seattle, Long Beach and Reno.

Commitment

**The commitment to excellence by Coaches Watson and Jones
has produced twenty-eight Division One Scholarships.**

For more information email:

Mark Watson: coachwatson@wcyf.com or Chris Jones: cjones@fcusd.org

2015 QB SCHOOL

Registration Form - Cost \$149

Session Dates - Friday, June 26 - 8:30-11:30am • Sat. June 27 - 8:30-11:30am

Campers Name: _____ Age: _____ Birth date ___/___/___

Entering Grade: _____ School: _____

Parent/Guardian: _____ Hm. Phone _____

Cell Phone: _____ Bus. Phone: _____

Address: _____ City: _____ Zip: _____

Medical Insurance Company _____ ID# _____

Medical conditions we should be aware of: _____

PARENT CONSENT RELEASE AND WAIVER OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

For good and valuable consideration, including permission for the minor named below ("Minor") to participate in the activity of football lessons, instruction and training and related activities (collectively, the "Activity") and the use, if any, of the property, facilities and equipment of Releasees, I, the parent/guardian of Minor, for myself and on behalf of Minor and our respective heirs, personal representatives, successors and assigns:

1. Consent to the Minor's participation in the Activity;
2. Acknowledge that prior to the Minor's participation in the Activity, I will inspect the property, facilities or equipment of Releasees and area the Activity is being conducted, and, if I believe any of them are unsafe, I will immediately advise the person supervising the Activity of the same;
3. Warrant that the Minor is in good health and has no physical condition that would prevent the Minor from participating in the Activity.;
4. Acknowledge and fully understand that the Minor's participation in the Activity may involve risk of serious injury or death, including economic losses, which may result not only from the Minor's own actions, inaction or negligence, but also from the actions, inaction or negligence of others, the condition of the property, facilities or equipment or Releasees, or areas where the Activity is being conducted or the type of Activity; and
5. Assume any and all risks of personal injuries to the Minor and release, waive, discharge, and relinquish West Coast Youth Football, a non-profit association, Mark Watson, Chris Jones, the El Dorado Union High School District and/or Folsom Cordovan Unified School District and all of their respective members, managers, employees, agents, affiliates, subsidiaries, heirs, personal representatives, successors, assigns and insures (collectively ("Releasees")) from any all liability, losses, damages, claims, demands or causes of action against Releasees or any of the them, attributable to, arising out of or in any way related to the Minor's participation in the Activity and/or the use of Releasees' property, facilities or equipment, where the same shall arise by Releasees' negligence or otherwise.

Parent/Guardian (please print) _____ Name of Minor _____

Signature _____ Date _____

Email address for confirmation: _____

Send Registration and Check to:

Mark Watson, West Coast Youth Football • 1304 Hartley Way • Folsom, CA 95630

Make checks payable to: West Coast Youth Football

For more information email:

Mark Watson: coachwatson@wcyf.com **or** Chris Jones: cjones@fcusd.org