

Linganore

Lancers Girls Flag Football

Clinic

Program Features:

-Skill Instruction
(throwing, catching, route running,
flag pulling, offensive
blocking/defensive rushing)

-Daily
Games/Competitions/Scrimmages
-Team Building

Safety Precautions:

-Director and Adult Coaches all
CPR & First Aide certified

Mission Statement

The goal of this clinic is to promote
the game of flag football and help
encourage young women to
improve their mental and physical
game.



Home of the **2025 FCPS County Champions**

*Sponsored by LHS Athletic Boosters *

Registration Form

First Name: _____ Last

Name: _____ Street

Address: _____

City _____ Current

Grade: _____

(2024-25 School Year)

Health Concerns: _____

T-Shirt Size Choices: _____ (YM, YL, YXL,
AS, AM, AL, AXL)

Parent Information

Email Address:

Phone Number:

Emergency Contact:

Relationship:

Phone Number:

Need More Information Contact? Brian
Sweene 443-974-8304
coachsweene@gmail.com

Dates: **June 23 - June 25, 2025**

Times: 5pm-8:30pm

Where: Linganore High School
Stadium

Girls Current Grades(2024-25):
K - 8th

Registration Fee: (Due June 9th)

\$100-Per Camper
(\$10 discount for additional siblings)
Registration fee covers instruction,
camp prizes and t-shirt (shirts not
guaranteed if registering after June9).

All Athletes SHOULD BRING:

-Athletic clothes (sneakers/turf shoes)
-Plenty of Water, Snacks

Clinic Staff

Director: Coach Brian Sweene
LHS Flag Football Athletes/Coaches

Linganore **Lancers Girls** Flag Football Clinic

Authorization Statement

The Registered Flag Football athlete and I/We, Parent/guardian, do hereby state that the registered athlete is physically fit to participate in any and all activities of the Lancer Flag Football Clinic. The Registered flag Football athlete and I/We understand there will always be an inherent risk and/or associated with participation in any athletic activity and willingly assume all inherent risks and/or injuries during any activity of the Flag Football Clinic. The registered Flag Football athlete and I/We give permission to the Linganore Flag Football staff for emergency first aid, and/or medical treatment to the registered athlete as approved by the camp staff in case of injury and/or illness while participation in the camp. The registered Flag Football athlete and I/we, parents /guardians do hereby, in consideration of permitting the registered athlete to willingly participate in the Lancer Flag Football Clinic, for myself, my peers, executors and administrators waive and release all rights and claims that I/we may have against the Lancer Flag Football Clinic, It's staff, volunteers and/ or Frederick County Public Schools for any and all injuries or losses sustained arising out of injuries or losses suffered by the said athlete while participating in the Lancer Flag Football Clinic.

Sponsored by LHS Athletics Boosters

This Event is not sponsored or endorsed by the board of education of Frederick County, Fcps, the superintendent or Linganore High School. Proceeds from the clinic may be used to pay coaches. The Lancer Girls Flag Football Clinic is not a licensed daycare provider.

Place indicate your child's insurance information. All camp participants must have their medical coverage.

Insurance Carrier:

Policy Number:

Athlete Signature

Parent/Guardian Signature

