



ECC Core Speed and Agility Training

Are you having trouble in the fourth quarter? Does your team have trouble finishing games? Not for long because this four week CORE course will help you build core strength and understand how your body works. Each class provides a different perspective on everyday conditioning and body movement. All exercises will be beneficial and give every athlete a huge advantage for their age group. Getting healthy was never this much fun!



**Code 129610-01 /
Grades 3 – 5 / Coed /
Saturday / 4:30 – 5:30 PM /
4 Sessions /
Jan. 21 – Feb. 11 /
Members \$35 / Non-
Members \$50**

**Code 129610-02 /
Grades 6 – 8 / Coed /
Saturday / 5:30 – 6:30 PM /
4 Sessions /
Jan. 21 – Feb. 11 /
Members \$35 / Non-
Members \$50**



**START THE YEAR RIGHT
AND SIGN UP TODAY!**

364 Sport Hill Road
Easton, CT 06612

Phone (203) 459-9700 / Fax (203) 445-1798

www.eastoncommunitycenter.com

The Easton Community Center is a non-profit 501©(3) organization



Fairfield County Football Tackling Clinic

*Must come with
Your own
equipment!*

**Code 111371-04 / Ages 8 - 14 /
Saturday, January 21 – February 11th
6:30 - 8:30 PM / 4 Sessions /
Members \$70 / Non-Members \$90**

ENSURE YOUR SAFETY AND MAKE SURE YOU DO THINGS THE RIGHTWAY!

This winter the ECC is offering an opportunity to shed the missed tackles this offseason and become a more knowledgeable football player. Learn proper technique while pursuit angles are broken down for easy understanding of how the game should be played. Speed and first step twitch muscles will be part of the curriculum that helps kids focus on how to safely tackle an opponent. While getting high amounts of repetition's in a tackling drill, children will learn how to prevent injury and properly form tackle from anywhere on the field. This program is beneficial for a first time football player all the way up to a seasoned veteran.

Coaches Corner: Duncan Dellavolpe



Head Coach of Fairfield Warde High School, Coach Dellavolpe has acquired numerous state titles and conference championships. With 24 years in the sport and providing a winning pedigree, Coach Dellavolpe has directed and participated in various youth football camps and clinics all over the country.

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