



LOS ALAMITOS

HIGH SCHOOL

GIRLS FLAG FOOTBALL



SUMMER CAMP 2026



JUNE 8 – JUNE 18, 2026

MONDAY – THURSDAY



JV & VARSITY

6:00 AM – 8:00 AM



FRESHMEN

7:30 AM – 9:00 AM

LOCATION: Los Alamitos High School Football Field

CAMP OVERVIEW

Get ready for the upcoming season with Los Alamitos Girls Flag Football! Summer Camp is designed to help athletes build skills, improve football IQ, develop speed and agility, and strengthen team chemistry before the season begins.

ATHLETES WILL PARTICIPATE IN:

- ✓ Position-Specific Instruction
- ✓ Offensive & Defensive Fundamentals
- ✓ Route Running & Coverage Techniques
- ✓ Quarterback, Receiver & Defensive Drills
- ✓ Speed, Agility & Conditioning Work
- ✓ Competitive Drills, Games & Team Development

Whether you're returning to the program or preparing for your first season, camp is the best way to get ready for kickoff!

REGISTRATION

\$200
PER ATHLETE

How to Register:

- 1 Go to www.laef4kids.org/clinicscamps
- 2 Click "Register Now"
- 3 Choose "Sports Camps 2026" from the Season pull-down menu
- 4 Click "Apply Filter"
- 5 Find Your Camp Session
- 6 Create a Profile / Login
- 7 Complete Registration

WHAT TO BRING



WATER BOTTLE



CLEATS



SUNSCREEN
(RECOMMENDED)

QUESTIONS?

✉ Email Head Coach – Deana Guidry
DGuidry@losal.org

📷 Follow us on Instagram
@LADYGRIFFINSFB

REGISTRATION QUESTIONS?

✉ info@laef4kids.org

☎ 562-700-4700 ext. 80424

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