

CAROLINA CRUSADERS

HIGH SCHOOL FOOTBALL
AND CHEERLEADING

Cheer Clinic
Girls ages 12-19
Meet the Coaches

WWW.CAROLINACRUSADERS.ORG

JOIN US THIS SEASON AND BE A PART
OF OUR CHAMPIONSHIP TRADITION!

CONTACT US TODAY FOR MORE INFO!
PHONE: (803) 792-7092 EMAIL: INFO@CAROLINACRUSADERS.ORG

2019 CRUSADER COMBINE
ROCK HILL | MAY 4TH | RHOC GREENS AT RIVERWALK
PLAYER SIGN-IN 9:30 AM | EVENT 10:00 AM - 1:00 PM

TRAINING WILL CONSIST OF THESE ACTIVITIES & MORE!

- SHORT SHUTTLE
- 40 YARD DASH
- VERTICAL JUMP
- 3-CONE DRILL
- STANDING BROAD JUMP
- POSITON RELATED DRILLS

JOIN US FOR AN EARLY AFTERNOON OF COMPETITION, INDIVIDUAL DRILLS
AND 1 ON 1 COACHING. THE CAMP WILL RUN FROM 9:30AM TILL 1:00PM.
THIS IS A FREE EVENT!

