

# CAROLINA CRUSADEERS

HIGH SCHOOL FOOTBALL  
AND CHEERLEADING

[www.carolinacrusaders.org](http://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](mailto:info@carolinacrusaders.org)

**2019 CRUSADEER 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
- POSITION 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!**

Cheer Clinic  
Girls ages 12-19  
Meet the Coaches

