



**Moms Football Safety &  
Kids Fundamental Football Clinic**  
**Sunday, October 20th, 2019**  
(prior to the Lions-Vikings game)



Moms Clinic

7:45-8:15 a.m.	Check in at Gate G	
8:15-8:25 a.m.	Walk to classroom	
8:25 a.m.	Welcome/Introductions	
8:30 a.m.	Equipment Fitting	
8:45 a.m.	Positive Parenting	
9:05 a.m.	Heat and Hydration	
9:20 a.m.	Youth Sports Topics	
9:40 a.m.	Mom's Panel/Q & A	
10:05 a.m.	Conclude classroom session-To the field	
10:15-10:45 a.m.	Shoulder Tackling Circuit with child	
10:45 a.m.	Conclude	

Kids Clinic

7:45-8:15 a.m.	Check in at Gate G	
8:15-8:25 a.m.	Walk to field	
8:30 a.m.	Welcome/Introductions	
8:35 a.m.	Dynamic Warm Up	
8:45 a.m.	Agility Stations	
8:55 a.m.	Drink Break	
9:00-9:15 a.m.	Station #1	
9:15-9:30 a.m.	Station #2	
9:30-9:35 a.m.	Drink Break	
9:35-9:50 a.m.	Station #3	
9:50-10:05 a.m.	Station #4	
10:05 a.m.	Drink Break	
10:15-10:45 a.m.	Shoulder Tackling Circuit with Mom	
10:45 a.m.	Conclude	

**\*\*Football Safety Clinic is FREE for both mom and child.**  
**Each participant MUST have a Lions-Vikings game ticket to enter Ford Field.**  
**Game tickets are available by visiting [www.DetroitLions.com](http://www.DetroitLions.com)**

\*\*Each participant **MUST** be pre-registered for the Football Safety Clinic.  
**CLINIC IS LIMITED TO THE FIRST 100 TO REGISTER.**  
**For more information, call 313-262-2248 or visit**  
**[www.DetroitLions.com/moms](http://www.DetroitLions.com/moms)**