

The Citadel Football Association  
Presents

# LADY BULLDOGS: THE CITADEL FOOTBALL 101



Here's your chance to become a part of the game!

- Learn football basics from Bulldog Head Coach Kevin Higgins and his staff
- Try some agility drills, warm-up exercises and practice plays
- Eat lunch in the exclusive Pearson Club Level of Johnson Hagood Stadium
- Enjoy a fashion show by the players modeling the football uniform
- Tour team facilities, run on the field, and go through the plays you've learned

## Saturday, July 31st

Check-in: 8 a.m. Course: 9 - 3 p.m. Cost: \$40

**REGISTER BY JUNE 30 AND COST IS**  
**\$30 PER PERSON OR 2 FOR \$50**

*Includes lunch, t-shirt and Bulldog Notebook*

*Tax deductible donation to The Citadel Brigadier Foundation for athletic scholarships*

**Make it a weekend in Charleston**

Special rate available at Sleep Inn Mt. Pleasant - \$79/night

Call (843) 856-5000; Group name: Citadel Football 101

To register, call (843) 953-6710 or email [pamela.juranas@citadel.edu](mailto:pamela.juranas@citadel.edu)